

Mt. Lebanon Youth Sports Alliance Coach's Guide

A Coach is the most important person in any sport, for he/she is the person who most affects the quality of the experience our young athletes have with the sport.

A Coach is a leader and must be a positive role model in his/her interactions with players, opponents, officials, other coaches, parents and fans.

A Coach must exhibit ethical behavior, self-control and professionalism, for these qualities will have an especially beneficial influence on his/her athletes.

A Coach's main goal in his/her teaching of the sport is to use this sport experience to help his/her athletes develop positive character traits and values that will serve them well the rest of their lives. These character traits and values should include commitment, trustworthiness, integrity, courage, loyalty, responsibility, citizenship, respect and caring for others.

A Coach can develop positive social behavior in his athletes by practicing sportsmanship; by acknowledging acts of sportsmanship; by encouraging respect for teammates, opponents and officials; and by emphasizing self-control, personal improvement and respecting effort.

A Coach should help the players set goals and measure their progress toward those goals.

A Coach should encourage players to focus on effort and personal improvement, which will result in team improvement.

A Coach should teach his/her players that a winner is someone who gives maximum effort, continues to learn and improve and does not let mistakes or fear of mistakes stop him/her.

A Coach should consistently acknowledge and reward players' good effort.

A Coach should teach his/her players to learn and quickly rebound from mistakes.

A Coach should motivate through praise, positive recognition and constructive correction.

A Coach should set up team policies, and a tentative practice schedule that will be followed by all team members. The information should include the players' (and their parents') responsibilities if they become team members. This information should be given to every potential team member and his/her parents before the first practice. This may be best accomplished by a meeting that includes the Coach, players and parents.

A Coach should plan accordingly to provide necessary equipment, supplies and uniforms for the upcoming season.

A Coach should insure safe playing conditions and teach the proper use of protective equipment, if needed.

A Coach should exhibit reasonable and prudent conduct in preventing and handling accidents and injuries.

