



THANK YOU FOR
VOLUNTEERING TO COACH.
YOUR DEDICATION TO THE
PROGRAM IS GREATLY
APPRECIATED.

PLEASE READ THE FOLLOWING MATERIALS LISTED BELOW TO COACHING! THANK YOU

Middlefield Cardinal Youth Sports Program's Coaching Expectations:

Now you're a Coach

For your players, you, the coaches are the single most important adult leader. You will help the players have fun, learn skills, develop sportsmanship, and discuss values in a meaningful way.

You Will:

- Read and review all league rules and paperwork pertaining to the season prior to the first scheduled day.
- Coaches should arrive to practice at least 15 minutes early to set up and should not leave until every child has been picked up by a parent/guardian.
- Contact parents and players when necessary.
- **Conduct parent/players meeting.**
- **Distribute all materials given to you by the Middlefield Cardinal Youth Sports Program (MCYSP) in a timely manner.**
- Return any paperwork distributed to you by the MCYSP in a timely manner.
- Look at yourself and explore your own motivations, values and goals.
- Listen to and share with other adult leaders.
- Explain your coaching procedures for behavior problems, missed practices, etc., clearly
- Stress parental and player conduct during a game.
- Inform parents about proper equipment: appropriate clothing, good fitting shoes and water.
- Players are responsible for their own equipment.
- Require clean uniforms for every game.
- Stress the need for players to maintain good school grades.
- Get parents involved: at practice, umpire, score keeper, team parent, etc.
- Verify your roster, making sure all player information is correct; pass on any corrections to the MCYSP. Absolutely no roster changes without MCYSP approval!
- Question and answer period after every practice and game.

Conduct Practice Sessions:

- **Come prepared to practice.** Prepare a practice plan outlining the skills you will be teaching and the drills you will use to teach them for that day. Make copies for those parents who may assist you. If you would like MCYSP please have that information into the office 3 days prior to needing.
- Get to know your players personally.
- Help them set goals and work towards them.
- Lead discussions by asking questions and introducing problems and situations for players to deal with.
- Teach appropriate skills, chants and physical fitness.
- Build teamwork
- Enjoy yourself and let your players know it.
- Practice **must** be conducted the time, day, and location scheduled by the MCYSP **unless** you receive permission from MCYSP to practice at/on another time, day, or location. Failure to do so will result in actions from the **ENFORCEMENT OF THE CODE OF CONDUCT.**

Game Responsibilities:

- See that your players are present and ready to play.
- Pre-game warm ups.
- Introduce yourself to the game official and the opposing teams coach.
- Fill out any paperwork (rosters etc.) prior to the start of the game and submit properly.
- **Control yourself, players and parent behavior during and after the game.**
- **Coach and encourage your team during the game. DO NOT try and officiate the game from the sideline!!**
- **Coaches and players must clean their bench area before leaving the facility!**

Coaching Philosophy

As the coach, forget the professional and college coach models and the win at all cost approach. Do not try to get your feeling of self-worth from your team's win-loss record. Coaching youth sports calls for **teaching** the fundamentals properly, **developing** the basic team concepts, **working** on fair play values **and encouraging** all players to participate and enjoy the sport. The most important element is the relationship between the **coach** and the **team**. ***The coach is a leader, role model, teacher and friend.*** This relationship is far more significant than points scored or the games won.

The quality of the coach-team relationship is the ultimate measure of success for youth sports coaches.

- **Keep it simple:** Most sports are relatively simple to play and can be enjoyed by all ages. Overcomplicated formations, plays and strategies tend to confuse and frustrate youth. By keeping it simple, it will build self-esteem and confidence.
- **Work on basic skills:** Younger teams especially should concentrate on fundamentals. Teach skills and concentrate on the basic. Help players become conscious of the importance of proper execution. Stop the action often to help individual players improve, but don't interfere excessively.
- **Work with every player on your team:** The most highly skilled and least skilled players on your team should be given equal attention. **Every player should be helped to improve in ability and to enjoy the game. It is important that every player participates and has fun, rather than just a few good players dominating the action.**
- **Teach 'Fair Play':** Playing fair is an essential part of youth sports. Respect for one's self, teammates, the other team, the rules and the officials who uphold them.
- **Help players set and evaluate individual goals:** Competing against oneself is perhaps the best way to improve skills, help players measure their skills, set goals for the future and work to reach those goals. What is important is not so much how players measure up against each other, but how much each player learns and reaches new levels of skills and enjoyment.
- **Keep winning in perspective:** Winning games is only one of the many goals that are important in sports. Help players and their parents become aware of other important goals: learning skills, becoming better physically fit, being a good leader and a good follower, dealing with the emotions of sports and having fun.