

GREEN RIVER PARKS & RECREATION YOUTH SPORTS PHILOSOPHY

- ↗ Recreation League environment. No league standings or tournaments at the end of the season.
- ↗ Equal participation for all players, no matter their skill level
- ↗ Develop basic skills of the game
- ↗ Demonstrate good sportsmanship toward your own team, opposing teams, and officials
- ↗ Provide an environment that is both safe and fun
- ↗ All the above objectives take precedence over winning

EXPECTATIONS

1. Be a positive role model for sportsmanship. Support and respect officials, staff, opposing players and coaches. Emphasize sportsmanship to your players. Do not run the score up on other teams. Be willing to share some of the players on your team if the other team has too few of players.
2. Have fun. Have a sense of humor, laugh and remember that we are not concerned about competition as much as skills development, equal playing time, and being part of a group/team.
3. Create and maintain a positive atmosphere. Two top reasons young people participate in sports are to have fun and to spend times with friends. Winning is not one of the top reasons.
4. Ensure an equal amount of playing time for all participants no matter the skill level of the player. There are only a few exceptions to this guideline including if a player gets hurt/sick, player demonstrates poor sportsmanship, or if a player requests to be taken out of the game.
5. Involve all players in practices and games. Focus attention on all players. Do not just focus on the more skilled players. Rotate playing positions. Example: Have a player at a different position for each quarter they play or have a different player bringing the ball down the court. Avoid having your one or two best players always being the ones that take the scoring opportunity.
6. Ensure a safe playing situation. Inspect fields or courts before each practice. Make sure players are wearing proper equipment and no jewelry. Keep players off equipment in the gym.
7. Come to all practices and games drug free, and alcohol free. Do not use tobacco products during practices or games.
8. Treat your child the same as any other child on the team. Do not use your coaching position to make your child the “star” player or to give them the most playing time.
9. Use of profanity is NEVER accepted, at any time. Raising your voice in anger or disappointment is not acceptable at any time. Be aware of your body language and avoid behavior such as exaggerated motions perceived to be that of an angry reaction (ex. Stomping your feet).
10. Never place yourself in harm’s way. NEVER be alone with a youth in your care. There may be time when a parent fails to show at the site to pick up their child. Always have someone else present until the parent arrives. Keep in public view.

TIPS

1. Give parents a schedule of the practices and games at the beginning of the season with a snack/drink list (example attached).
2. Keep track of playing time during games (example chart attached). Charts are provided in coaching packet.
3. Get to know the names of all your players
4. Be organized with your practices (have a practice plan) and game situations.
5. Start every practice on time.
6. Make eye contact with every person on the team.
7. Use a signal. Clap hands, Whistle, Count, etc.
8. Make practices lively, coach with enthusiasm, keep everybody active (avoid drills that keep kids in line and waiting).
9. Keep drills simple and short (no more than 10 minutes)
10. Get from one drill to another quickly.
11. Don't talk too much at practice.
12. When dealing with a discipline problem, give the misbehaving child at least one warning before you hand out a punishment. One of the best punishments is to have the child sit out.
13. Use Gimmicks: "Instant Replay"- if a player makes a terrific play at practice, stop the action and call for an instant replay. The star of the moment then has to replay in slow motion, the great play that he or she just made.
14. Praising a player goes a long way. Avoid using the word "but" when praising. Praise them and compliment them on what they're doing well, and leave it at that.
15. Adapt your teaching style and language to the players' age level. Young children do not always know sports terms. Use words and concepts they understand.