

SUCCESSFUL COACHING

1. You're more important than you think.
2. Be prepared.
3. Give warm-ups the respect they deserve.
4. Be positive.
5. Stick to the basics. (K.I.S.S.)
6. Encourage, encourage, encourage.
7. Focus on the effort, not results.
8. It's a game, keep it fun.
9. Great coaches have great patience.
10. You can always learn more.
11. Always remember: They're only children.

- Kids deserve praise for participating and trying
- Make a BIG DEAL out of even the smallest positives
- Stay calm when mistakes crop up; help kids learn from their mistakes
- Have reasonable, realistic, and reachable expectations
- Treat kids with respect; do not tolerate put-downs, sarcasm, or ridicule
- Remind kids not to get down on themselves
- Remember not to take yourself too seriously during games (or at any time)
- Maintain fun as the #1 focus with lots of laughter and a sense of humor
- Emphasize teamwork and help kids think "WE" instead of "ME"
- Be a role model of good sportsmanship
- Win without gloating
- Lose without Complaining
- Treat opponents and officials with fairness, generosity, and courtesy

