

# ROLE OF A COACH

**Coaches can have a profound impact on their teams.  
Here are some tips to change the game for kids:**

## You are a **Role Model**



### **Coaches Can:**

- Model what supportive and empathetic relationships look like
- Be intentional in the way that they plan practices, how they talk to players, and how they work through challenges
- Lead from a youth centered perspective (find out what their players want to get out of the season)
- Demonstrate friendly, kind, and respectful interactions with all players, fellow coaches, other teams, referees, families, and program staff
- Regulate their own emotions and remain composed when managing difficult situations (e.g., taking a deep breath, pausing for a few seconds can be the difference between handling something effectively, or not)
- Display their positive attitude; show kids they're excited to be there
- Consistently show up and communicate to team if they can't be there

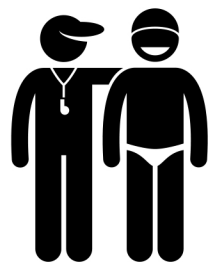
# ROLE OF A COACH

➤ You are a **Motivator**



## Coaches Can:

- Be enthusiastic
- Inspire players to believe in themselves
- Give players specific improvement feedback along with praise
- Create a supportive environment by encouraging and teaching players how to support each other
- Re-frame mistakes as learning opportunities that lead to improvement
- Recognize that each player is motivated in different ways and adjust their approach accordingly



# ROLE OF A COACH

## > You are a **Collaborator**



### Coaches Can:

- Use a calm and consistent tone when working with players
- Develop behavior agreements with their team and support players to live up to them
- Help players reflect on their actions and identify other responses
- Be fair with every situation and each player

**Be friendly, empathetic, and kind with this role,  
but also firm and consistent in your approach.**



# ROLE OF A COACH

➤ You are an **Organizer**



## Coaches Can:

- Be prepared and always show up with a plan
- Track attendance to monitor who is showing up or missing throughout the season
- Create a routine so kids know what to expect
- Speak clearly, confidently, and concisely when delivering instructions

Developing **trusting** and **caring** relationships with your players will help you live up to these coach roles.

