

Your Responsibilities as a Coach

1. Provide a safe physical environment

These means check your equipment on a regularly scheduled basis! You as a coach will need to make your player's safety a priority. Check out the program tools under equipment checklists. In addition, you will need to explain to players and their parents the inherent risks involved with contact sports such as bumps, bruises and fatigue.

2. Communicate in a positive way

Remember to keep it positive. There are many groups that will need your clear and concise communication. Always show that the players interest are number one in your plans.

3. Teach the fundamental skills

Fun is the key! Strive to make each practice just as fun as it is productive in a learning environment for everyone.

4. Teach the rules of the game/sport

Rules can be introduced as soon as the first practice. Be sure to incorporate these rules in each practice and build on what has been learned.

5. Direct players in competition

Focus should be fun, not winning. Competition should teach sportsmanship, improving skills, and the importance of playing within the rules.

6. Help your players become fit and value fitness for a lifetime.

This is an opportunity to build character and values that your players will carry with them throughout their life. Teach them the value of fitness and make it fun to get fit.

7. Help young people develop character

Character development will last a lifetime long after keeping score and throwing a football. You are in the forefront for developing intangible qualities.

References:

Coaching Youth Football/American Sport Education Program, 4th Edition (p.2-4), 2005. Copyright by Human Kinetics, Inc.