

# WHAT IS POSITIVE COACHING?

The foundation of our future is in our youth and sports is an essential part of a young person's physical, emotional, and spiritual development. Participation in a positive sports environment helps the young person build positive self-esteem, a strong work ethic, morals, and cooperation through team building. Positive influences modeled by coaches, parents, teachers, peers, and others contribute to the well being and healthy development of youth.



## **10 POSITIVE things that Coaches Do:**

1. Have realistic expectations - development is more important than winning
2. Always include FUN in the sport - in practice and games
3. Obtain appropriate training for the sport - coaching is a continuing education
4. Having a desire to win, but enjoying the improvement of player / team
5. Allowing injured players ample time to recuperate
6. Maintaining communication with parent
7. Knowing what is abuse and how to prevent it - verbal & psychological
8. Accepting the performance of referees and officials
9. Having respect for the game - Don't forget it is still only a game
10. Knowing the difference between outcome goals versus performance goals

## **10 POSITIVE things that Parents Do:**

1. Attending athlete/child's events
2. Positive verbalization during events - encouragement
3. Praise of athlete/child - compliment effort
4. Always including fun in events -
5. Encouraging child to focus on more than one sport - at least through 8th grade
6. Talking and listening to athlete/child -
7. Helping child by practicing skills with them.
8. Positive attitude toward coach
9. Giving coach respect during and after events
10. Being appreciative of work by referees or officials

**PARENTS & COACHES...  
BE A POSITIVE INFLUENCE!**