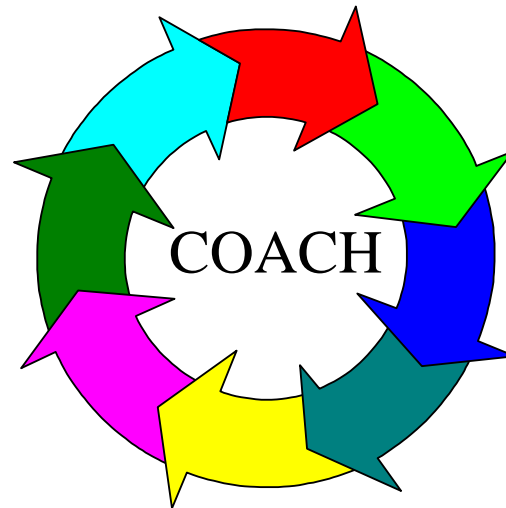


Coach as Role Model

- Teacher
- Counselor
- Leader
- Friend
- Communicator
- Administrator
- Guardian
- Coach



Your Responsibilities as a Coach

If our primary purpose as teachers is to help kids grow and develop through their experiences in sports, then we must maximize the benefits and minimize the costs. Just as we expect from a classroom teacher, as a coach, you have an obligation to deal with your players on an individual basis and you have a responsibility to teach all of them regardless of ability, sex, personality, or background. To do this we must:

1. Teach the skills, rules, and strategies of the sport in an orderly and enjoyable environment.
2. Teach and model desirable personal, social, and psychological skills including sportsmanship and citizenship.
3. Provide opportunities to physically challenge the cardiovascular and muscular systems of the body that will enable all children to grow up healthy and remain physically active for life.

Teaching and Leading

As a teacher you must know AND apply effective teaching techniques in the course of instruction. You must provide an orderly environment, use clear instructions, maximize the amount of time each player is active during practices and games, monitor progress and provide effective and timely feedback.

As a teacher you are perhaps the most significant role model in the lives of your players! You may even have more of an influence on them than their parents and classroom teachers. Kids look up to you – until you do something that causes them to lose respect for you and dislike. Your players will imitate your behavior, adopt your views, not only on competition, but on anything else you teach them. If your actions do not mirror your words, they will know, and more often than not, they will be affected by what you do!

As a leader, you should find and develop several assistants, a manager, and parent volunteers. To be successful in teaching the skills of the game and providing equal attention to all of your players, one of your main objectives will be to either find or develop others who can help you teach and instruct. Well-organized practices will maximize every minute of instruction time available. Effective and efficient practices move quickly, utilize a variety of stations, and involve everyone.

List some of the things that you can teach your players:

- 1.
- 2.
- 3.
- 4.
- 5.

- 6.
- 7.
- 8.
- 9.
- 10.

Organization

To be a good teacher, you must be well organized. As a teacher, this means:

1. Identifying your primary purpose as a coach
2. Stating your goals
3. Selecting and organizing the objectives for the season
4. Scheduling and planning
5. Articulating your expectations and the consequences for inappropriate behavior
6. Evaluating each player and providing appropriate and timely feedback
7. Implementing your plan throughout the year in practices and games
8. Communicating effectively with all of your players AND their parents both informally and formally
9. Evaluating your actions and their effects

To Protect and CARE for your Athletes

Finally, it is your responsibility to protect and CARE FOR each of your athletes. There are always risks involved in any activity. There are many in sports. Not only are their physical dangers that could cause injury and even death, but there are emotional and psychological dangers that are so harmful they can be classified as “abuse.” Abuse is defined as anything that adversely affects a child. It can take many forms such as hitting, swearing, hazing, humiliating and ignoring. Being unfair, playing favorites, and neglecting the needs of kids are all abusive behaviors. Any words, gestures, improper touches, and actions involving sex or sexual organs are strictly forbidden. It is your job to keep them safe.

It is also your responsibility to care for you athletes. This means that they must matter to you on a feeling or emotional level. Caring implies nurturing. Taking care that they are feeling good about themselves. Listening to them when they are upset and concerned about things that are troubling to them. So much of what you say and do will effect how they feel about themselves as a person. You must take great care to help them grow up to be healthy of mind and body. To care means to love. Teaching someone how to do and how to live is an act of love. That is why teaching is such a noble profession. Do nothing to lessen it!

Having friends is an important part of growing up, and one of the top reasons kids play sports is to be with their friends. As a coach and teacher you are someone who can help every child on your team feel like a part of the team and friends with everyone, including YOU. Friends are people we can trust, share experiences with, work with, and have fun with. You can teach them that friends are people they can turn to when they are in need and someone they can count on to be there. Most of all, friends are people who care. As an adult, you can not only help them learn about friendship, but you can become one.

As a coach, you are also someone, maybe the only one, your players can turn to for guidance about school, friends, family, as well as their place on the team. Players and parents will look to you for guidance about everything from conditioning to schools. As a counselor, you must be aware of the basic stages of child development and you must improve your listening skills.

As a coach, you are also responsible to protect the integrity of the game and to preserve the true meaning of sport and competition. It is also your responsibility to hand on the best traditions of your individual sport.

Your Personal Philosophy

Just as parents expect of a classroom teacher, you must also articulate and communicate your philosophy, purpose, goals, and responsibilities – in written format.

Your statement of purpose, or personal coaching philosophy should include how you see yourself as a teacher of children. This statement should include how you view the children entrusted to you. What are your thoughts about their sense of dignity and respect. Is there anything you should say about seeing them as a “whole person,” i.e. each striving to reach their fullest mental, emotional, social, spiritual, and physical potential?

What might you say about your obligation to the parents and society? What about your reasons for coaching and how you feel about participation in sport?

Exercises:

- 1. My Personal Sport Biography – Handout**
- 2. Personal Assessment - Handout**
- 3. Teaching Opportunities – Handout**
- 4. Also refer to: Youth Sports Model, Views, Opinions & Values, Why Kids Play, Why They Quit, and the Benefits of Participation**

Your Responsibilities as a Coach & Teacher

What do you see as your major responsibilities as a Coach and Teacher regarding communications, being on time, personal and professional preparation, providing each player with the opportunity to practice and to play? Is there anything you would say about being prepared at all times for practices and games? What might you say about your own personal behavior on and off the job?