

Urbana Youth Sports Coaches Clinic

Administrative tips and suggestions

- Know that you are going to be a coach, a teacher, an advisor, a cheerleader, and a friend to the kids on your team.
- Start off by setting a good example yourself. Be:
 - organized
 - on time
 - structured
 - respectful and
 - a good communicator
- Get as many parents involved as you can. You can use the help, and understand that the more you have helping you and becoming a part of the program, the less you will have critiquing you on the sidelines. Look at your sign-up sheets to see who might be interested in helping.
- As your practices start, assess your team's skills, set realistic individual and team goals, and develop an appropriate practice plan.
- Work on developing basic skills. Try to identify each child's weakest skill, and work on improving it.
- Review and reflect with your team at the end of practices and games on lessons learned.
- Strive to build confidence, especially in those that lack it.
- Try to tell each member of your team "good job" about something they do every time you meet.
- Respect all of your players equally. Try not to show favorites.
- Keep from making gestures of disappointment. Someone will see it, and it can be hurtful.
- Keep your emotions in check. Stay in control.
- Address problems as soon as you can and not in front of others if possible. If it appears to escalate, avoid arguing and contact your league .
- Good Communication with players and parents is vital. Good communication can eliminate confusion, misunderstanding, unawareness and disorganization.
- Use 9 pm as a cut off for placing phone calls to your team, maybe 8 pm on school nights.
- Have the team clean up your team bench area and bleacher area following practices and games. (equipment, trash, water bottles) This will allow park personnel to have more time to focus on working on the fields and teach the players responsibility.
- Practice and game schedules available on www.UrbanaYouthSports.com
- The Information & Weather Line is: 653-7519
- The program email is UrbanaYouthSports@hughes.net
- Have fun with your team. Remember that they are kids and that's what they want.