

# **Pelham Parks and Recreation Department**

## **COACHING GUIDELINES**

### **Keys to a Successful Coaching Experience**

#### **Communication**

Ensure the terminology you use is clear and precise. Communication involves listening to your players but remember to let players know you are in charge.

#### **Encourage Player Movement**

At all times make players aware of the importance of readiness. Emphasize weight on the toes and bouncing instead of flat footed-ness.

#### **Positive Reinforcement**

Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.

#### **Rotate Positions**

All players should be active as both forwards and guards.

#### **Be Creative and Use Initiatives**

If a drill or game is too advanced, Modify to increase the chances of success.

#### **Develop Player Respect**

Encourage players to support one another, to show good sportsmanship towards all players including the opposing teams, and respect others' attempts and effort.

#### **Be Motivational**

Enthusiasm and being energetic are contagious. If your energy level is high you will inspire the kids to give that same energy.

#### **Equality Amongst Players**

Give equal attention to all players. Do not leave behind the less competent players, but do not slow the more advanced.

#### **Keep Players Active**

If a drill is static, create the need of helpers or assistants to keep everyone involved.

#### **Fun and Enjoyment**

Players will respond and want to continue if things are fun.

#### **Strive for Quality**

In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.

#### **Recognize Individuality**

Be aware of player differences. Aggressive or timid, recognition of player personalities will allow you to respond to all the players, and in turn they will respond positively to you.