

5 TIPS FOR RUNNING IMPACTFUL CAMPS & CLINICS



Camps and clinics offer a unique opportunity to **make a meaningful impact in a short amount of time**. Whether the focus is skill development, confidence, or connection, athletes are more likely to learn and grow when they feel included, supported, and clear on what's being asked of them. The following tips can help coaches **create a more positive, engaging, and impactful clinic experience**.

1. LEARN ATHLETE NAMES

Take time as athletes arrive to introduce yourself and learn their preferred names. In larger camps or clinics, divide athletes among coaches so every athlete has someone who knows their name.

Putting in the effort to learn names helps athletes feel seen, valued, and more connected.

2. FRAME MISTAKES AS LEARNING OPPORTUNITIES

Emphasize progress over perfection by reinforcing that mistakes are a part of learning. When giving feedback, highlight effort, improvement, and willingness to try something challenging. Encourage athletes to take risks and shift their strategy when they encounter challenges.

Reframing athletes' view of mistakes helps build resilience, confidence, and response to challenge both in and out of sports.

3. HELP BUILD CONNECTIONS

Create opportunities for athletes to connect and feel a sense of belonging. Use [Team Connection Activities](#), assign warm-up partners, offer conversation prompts, or allow informal time for athletes to talk.

When athletes come from different teams, communities, or experiences, intentional connection helps them feel more comfortable and engaged. Be mindful of group dynamics and ensure no one is excluded. **A sense of belonging will help athletes better engage**, overcome challenges, and perform.

4. PROVIDE CLEAR, CONCISE INSTRUCTIONS

Give instructions that are specific and easy to understand, while keeping explanations brief to maintain engagement. Use demonstrations for visual learners. Always check for understanding before proceeding.

When athletes know what to do - and why - they are more confident, focused, and ready to learn.

5. HAVE FUN

Bring energy, positivity, and joy to the clinic. Participate when appropriate and show up in a way that demonstrates to athletes that you're excited to be there. Athletes take cues from their coaches - **when you're having fun, they're more likely to relax, connect, and enjoy the experience too**.

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LEARN HOW YOU CAN
TAKE BACK SPORTS!

