

CHECKLIST FOR POSITIVE COACHES

POSITIVE
COACHING
ALLIANCE

Positive coaches strive to develop their athletes as competitors and ensure the development of life skills by creating a positive sports culture. Here are simple but powerful things you can do to have a lifetime impact on your athletes as a Positive Coach.



01. Prioritize Building Trusting Relationships

- ☐ Check-in with athletes as they arrive at practices and games
- ☐ Plan games/activities that help players connect with one another
- ☐ Listen to understand the perspectives of your athletes, and validate them

02. Adopt a Mastery-Focused Skill Development Mindset

- ☐ Praise effort over results
- ☐ Reframe mistakes as learning opportunities
- ☐ Provide truthful, specific feedback

03. Create a Positive Team Culture

- ☐ Encourage teammates to celebrate and acknowledge each other's successes
- ☐ Give athletes the opportunity to voice their opinions and shape team values
- ☐ Acknowledge that athletes come to practice in the context of their day and provide any support they may need

04. Show Players That You Want to Be There

- ☐ Always show up to scheduled practices and games on time, unless you have communicated to the players and families otherwise
- ☐ Be mindful of your tone and body language, does it communicate that you are happy to be there with them?
- ☐ Participate safely and appropriately in practice and have fun with your team

05. Make Parents an Asset to Your Team

- ☐ Engage parents early with a preseason meeting to set expectations and relay your coaching philosophy and goals for the season
- ☐ Ask parents to help out with snack breaks, carpools, and making signs for big games

Help transform the culture of youth sports. Embrace your role as a Positive Coach and let people know that you are coaching to develop competitors and life skills.

Encourage others to become part of the PCA movement.