POSITIVE COACHING ALLIANCE

DEFINING THE ROLE OF A COACH: GAME-CHANGING TIPS



Coaches who focus on building positive sports experiences can have a profound impact on their athlete's development both on and off the field. By understanding the many roles they fill, coaches can approach their interactions with their team with care and intention.

COACHES ARE ROLE MODELS

COACHES CAN:

- Model what supportive and empathetic relationships look like
- Be intentional in the way that they plan practices, how they talk to athletes, and how they work through challenges
- Lead from a youth-centered perspective (find out what their athletes want to get out of the season)
- Demonstrate friendly, kind, and respectful interactions with all athletes, fellow coaches, other teams, referees, families, and program staff
- Regulate their own emotions and remain composed when managing difficult situations (e.g., taking a deep breath, pausing for a few seconds can be the difference between handling something effectively, or not)
- Display their positive attitude; show athletes they're excited to be there

COACHES ARE MOTIVATORS

COACHES CAN:

- Be enthusiastic
- Inspire athletes to believe in themselves
- Give athletes specific improvement feedback along with praise
- Create a supportive environment by encouraging and teaching athletes how to support each other
- Reframe mistakes as learning opportunities that lead to improvement
- Recognize that each athlete is motivated in different ways and adjust their approach accordingly

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COACHES ARE COLLABORATORS

COACHES CAN:

- Use a calm and consistent tone when working with athletes
- Develop behavior agreements with their team and support athletes to live up to them
- Help athletes reflect on their actions and identify other responses
- Be fair with every situation and each athlete
- Be friendly, empathetic, and kind with this role, but also firm and consistent in their approach

COACHES ARE ORGANIZERS

COACHES CAN:

- Be prepared and always show up with a plan
- Track attendance to monitor who is showing up or missing throughout the season
- Create a routine so athletes know what to expect
- Speak clearly, confidently, and consistently when delivering instructions

DEVELOPING TRUSTING AND SUPPORTIVE RELATIONSHIPS WILL HELP COACHES LIVE UP TO THESE ROLES.

