

CHECKLIST

First Practice

- Host a preseason meeting with parents to discuss your program philosophy, goals and intentions
- Ask every player which name they prefer and call them by that name
- Talk with youth athletes about how to seek out and connect with other adults they trust
- Co-create and set positive norms, rules and routines for practices and games

Planning Practice / Pregame

- Collaborate with other coaches to design effective practices
- Ensure the physical environment is free of safety concerns
- Set high expectations and clear limits on behavior
- Have players set goals and intentions regarding their physical, social, emotional and cognitive skill development
- Allow athletes to serve in leadership roles and maintain a rotation schedule so all players have the opportunity to lead

During Practice / Day of Game

- Start and end practices on time
- Participate in drills with players
- Practice positive interactions that are encouraged of players
- Adjust the structure of practice and activities to accommodate players' emotions
- Create community by adopting practices such as composing a team cheer, selecting a team name, logo or slogan, or incorporating team-building activities into games and practices
- Encourage high-fives or handshakes for greetings

After Practice / Postgame

- Give shoutouts for achievement, effort and improvement at the end of the practice: players to players, coach to players and players to coach
- Collect athlete feedback and incorporate into practices
- Talk with parents/caregivers about issues arising with their children
- Encourage parents and caregivers to reinforce these skills by talking about what they are, what they mean and what these behaviors can look like at home

Ongoing: Every Practice, Every Game

- Reinforce the norms, rules and routines
- Ensure all youth are included, with equitable access to activities, being sensitive to different learning styles
- Establish a code of conduct that prohibits bullying and establishes consequences
- Ask questions to get to know every youth, their families and their motivations
- Organize formal meetings with your players throughout the season in order to help them express their feelings, wants and needs
- Be cognizant of your own and others' perspectives
- Practice self-care, engage in reflection around your own social and emotional well-being
- Talk to every youth at every practice and during every game

Learn more at as.pn/callsforcoaches



Commissioned by the
Susan Crown Exchange

CALLS FOR COACHES

01

KNOW EVERY ATHLETE'S STORY

Build positive adult-youth relationships

02

ESTABLISH A SUPPORTIVE TEAM CULTURE

Create a safe space that supports social and emotional skill development

03

CELEBRATE EFFORT

Embody effective leadership strategies that emphasize effort, autonomy and learning

04

FOCUS ON THE SKILLS THAT MATTER

Prioritize and provide opportunities for direct skill building and practice

05

BE A ROLE MODEL

Model good character and decision-making

06

BE COACHABLE

Seek opportunities for support, training and professional development

07

JOIN FORCES

Engage with families, schools and other community organizations

