

# David Douglas Soccer Club

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# 2010 David Douglas Soccer Club Board

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Our club meetings are held once a month at Human Solution on 12350 SE Powell. It is on the 2nd Monday of each month at 7pm. We definitely encourage you attend these meetings **as you are a voting member**. ..

Please contact us [info@ddsoccer.org](mailto:info@ddsoccer.org) or at leave a message at 503-672-9264 Ext 446

MAIL: David Douglas Soccer Club -- Post Office BOX 90100 -- Portland, OR 97290

# **David Douglas Soccer Club Philosophy**

David Douglas Soccer Club is a volunteer-led, nonprofit organization that offers recreational soccer opportunities for players in K through 8<sup>th</sup> grade. The recreation program is designed for players to continue learning the basic skills associated with soccer in a less competitive atmosphere. It is our intent as an organization to promote honor, integrity, teamwork, perseverance, confidence and sportsmanship, both on and off the field.

## **Program Objective**

1. To provide an opportunity for girls and boys in the David Douglas School District to participate and thereby fulfill their personal needs of physical, mental and social development.
2. To develop and promote the concepts of good sportsmanship and teamwork in a recreational sports program.
3. To provide an opportunity for the youngster to learn and develop fundamental skills.
4. To provide good leadership using community resources and to aid coaches by providing training.
5. To work cooperatively with David Douglas School District with the use of their Fields.

## **Value Statement for Youth Sports**

Youth sports programs provide an enjoyable learning environment for youngsters' physical, social and personal development. The values of youth programs are widely recognized and include:

### **Provide a fun and enriching experience**

Promote fitness

Develop new skills

Instill a desire to succeed

Teach responsibility and commitment

Team cooperation

Preparation to deal with success and failure

Provide an outlet for release of energy

Build character

Teach how to cope with the realities of life

Develop and instill positive attitudes towards authority

### **Provide a fun and enriching experience**

# **Volunteer Coaches Job Description**

**David Douglas Soccer Club is proud of its Community Sports Program and is committed to the safety and well being of each player and volunteer coach. The following guidelines have been established to reflect that commitment.**

1. There is one designated coach for each team.
2. Only the designated coaches are covered by the OYSA insurance policy. "Parent helpers" are not considered coaches.
3. Each coach will attend a coach's certification clinic offered by the DDSC. Coaches meetings are all mandatory.
4. Each volunteer coach will complete an "Oregon Department of Education Criminal History Verification." The form is online through Affinity Sports and will need to be done before you are assigned a team.

**In addition, coaches will:**

1. Work with the Coaches coordinator on all aspects of the program
2. Be a positive role model for players and students
3. Demonstrate knowledge of the sport
4. Help promote the program
5. Attend all coach's/scheduling/organizational meetings
6. Adhere to safety rules and accident procedures
7. Report any injuries to the Coaches Coordinator as soon as possible
8. Help distribute uniforms and schedules
9. Follow guidelines for parent, referee and player incidents
10. Notify and work with the Coaches Coordinator as problems arise
11. Adhere to the policy that all David Douglas facilities are NON-Smoking

# Volunteer Coaches Code of Ethics

I understand that as a volunteer coach of young athletes, my responsibilities are of great importance and my actions have the potential to influence the young athletes I coach. I also want the David Douglas Soccer Program to function with the highest possible standards for all participants, Therefore, I promise to conduct myself in accordance with the following code of ethics:

1. I will abide by all the DDSC/CRUFA/OYSA Sports rules and regulations
2. I will treat all players, coaches, parents, officials and opponents with respect and dignity and will instruct my players to do the same
3. I will never physically or verbally abuse any player regardless of the situation
4. I will place the players first the game second
5. I will not put myself in a situation which may be misconstrued as detrimental to the Soccer Club, player or myself(i.e. giving a player a ride home alone or otherwise being alone with a player could be misconstrued)
6. I will ensure that all of my players use proper equipment and notify the Equipment / Field coordinator that the area has safety issues
7. I will always strive for improvement with positive reinforcement and non-negative comments.
8. I will treat all players equally and conduct my practices and games so that all players have the opportunity to improve their skill through active participation.
9. I will never argue with or verbally abuse a game official or another coach or parent in front of my players regardless of the situation
10. I will make players parents aware of our goals each season.
11. I understand that if violation of the Code Of Ethics occurs, and if after review the David Douglas Soccer Club finds that a serious violation did occur I will be subject to the following minimum action:
  - a. First Violation-Verbal Warning
  - b. Second Violation-Written Warning
  - c. Third Violation- Relieved-of volunteer coach position

# **SPORTSMANSHIP**

## **THE PLAYER....**

Treats opponents with respect.

Plays hard...but, plays within the rules.

Exercises self-control at all times setting the example for others to follow.

Respects officials and accepts their decisions without gesture or argument.

Wins without boasting...loses without excuses...and never quits.

Always remembers that it is a privilege to represent the school and community.

## **THE COACH....**

Treats own players and opponents with respect.

Inspires in the athletes a love for the game and the desire to compete fairly.

Is the type of person he wants the athlete to be.

Disciplines those on the team who display unsportsmanlike behavior.

Respects the judgment and interpretation of the rules by the officials.

Knows he is a teacher and understands the athletic arena is a classroom.

## **THE OFFICIAL...**

Knows the rules.

Places welfare of the participants above all other considerations.

Treats players and coaches courteously and demands the same from them.

Treats players and coaches courteously and demands the same for them.

Is fair and firm in all decisions, never compensating for a previous mistake.

Maintains confidence, poise and self-control from start to finish.

## **THE SPECTATOR....**

Attempts to understand and be informed of the playing rules.

Appreciates a good play no matter who makes it.

Shows compassion for an injured player: applauds positive performance: does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.

Respects the judgment and strategy of the coach and does not criticize player or coaches for loss of a game.

Respects property of others and authority of those who administer the competition.

Censures those whose behavior is unbecoming.

# The Role of the Parents

The role of parents is critical to the team. They are responsible for transportation, the uniforms and all other details for the young athlete. Communication with parents is essential to the success of the team.

## **Expectation for Parents**

1. Have a parent meeting before the season begins discuss the plans for the season, This is the time to explain to the parent your thoughts on playing time for each child, your philosophies of the game and any other policies you might have concerning practice or anything else. Encourage questions and let your parents know you've given a lot of thought to the upcoming season.
2. Have your rules, regulations, your philosophy, practice dates and times, ETC.. Printed on a sheet of paper you can pass out to all parents.
3. Express appreciation for their interest and concern, this will make them more open and at ease with you.
4. Always listen to their ideas and feelings. Remember they are interested and concerned because it is their children that are involved. Encourage parental involvement.
5. Know what your objectives are and do what you believe to be of value to the team, not the parents.
6. **Remember that no coach can please everyone all of the time, so don't set out to do so.**
7. Handle confrontations one-on-one and not in a crowd situation. Try not to be defensive. Let the parent talk while you listen, let them vent and say their peace. Often times a parent will talk the problem off their chest. Listen to their viewpoint, and then thank them for it.
8. Resist unfair pressure. You are the coach and it's your responsibility to make the final decision. This doesn't mean you still can't listen to parents.
9. Don't discuss individual players with other parents. The grapevine will hang you every time. Show the same respect to each player and your team that you want the parents to show towards you.
10. Ask your parent not to criticize their children during practice or games. Don't let your players be humiliated, even by their own parent. Explain that you must be in complete control of your team when they're on your "TURF."
11. Try not to blame the players for their parents' actions. Maintain as fair an attitude as possible.

# **Extreme Weather Safety Guideline**

The health and safety of our members is a primary concern of Oregon Youth Soccer. When weather conditions are extreme enough to affect the well being of the athletes, action should be taken to minimize the risk of injury. Oregon Youth Soccer offers the following guidelines and references.

## **Overview**

### **Hot weather**

Playing sports during extremely hot weather increases the risk for players to experience heat cramps, exhaustion or heat stroke. These are the most preventable type of sports injuries. Players should always be hydrated before, during and after every match. During a match where the Heat Index, see attachment, exceeds 90 degrees, the game officials should provide extra breaks in the play for players to rehydrate. Coaches should be aware of the symptoms of heat stress among the players and provide shade for the players when they are not on the pitch.

### **Cold weather**

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. Warming up before entering the game is critical. Shortening games to reduce exposure time may be a consideration.

### **Using the OSAA Heat Index**

The Oregon School Activities Association has a Heat Index Calculator located on their home page. Log onto <http://www.osaa.org/> Click on the Heat Index Calculator icon, enter the zip code of your area and click the button to "Get weather data", which will provide the current temperature and humidity. Type those numbers into the spaces marked below and click the button to "Calculate Heat Index". The Heat Index will show in bold numbers.

### **Lightning**

Games should be called whenever lightning is in the vicinity. This is typically within a distance of 10 miles. Distance may be determined by the delay between the lightning flash and hearing the thunder. Any time the flash to bang is under 30 seconds, immediate termination of the practice or match should take place and the pitch evacuated.

### **Fluids and Hydration**

A hydration guide is provided to help reduce injury from dehydration during sports activity in hot or cold weather situations.

## **Hot Weather Conditions**

### **Discussion**

The risk of heat-related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the Heat Index reaches or exceeds 90. See the attached Heat Index. Leagues are encouraged to take control of game situations and invoke mandatory breaks in play when a Heat Index (HI) of 90 or greater is present. When the Heat Index exceeds 90, breaks should be provided at least once during each half of play. When the Heat Index exceeds 105, breaks should be provided twice per half of play when the game is 60 minutes or longer in length or play should be stopped until the temperature cools. Where scheduling problems occur due to set game starts, periods of play may be shortened accordingly to accommodate the stoppage of play.

### **Prevention**

Wear light colored, light weight and loose fitting uniforms. Hydrate well in advance of game day. Drink at least 8 glasses of water per day for at least 2 days before games. Bring fluids to the game. Drink fluids before, during and after the game. Have wet towels in a cooler for neck wraps. Use shade or a shade tent whenever not on the pitch. Wear sunscreen. A Sports Sunscreen has better retention and is less likely to lose effectiveness.

### **Taking action**

**Awareness:** Coaches and game officials should familiarize themselves with the symptoms of heat exhaustion and heat stroke caused by physical activity in hot weather. Players showing signs of heat exhaustion should be substituted out, re-hydrated and allowed to cool off in the shade before returning to the game. Players showing signs of heat stroke should receive immediate medical attention and not return to the game as other physical problems cause heat stroke.

### **Heat Exhaustion is a form of shock**

#### **The symptoms are:**

- Pale, cool, moist skin
- Heavy sweating
- Feeling faint, dizzy, fatigued
- Headache, weakness, nausea
- Muscle cramps and spasms

#### **Actions to take:**

- Move to shade - because the body core temperature has risen
- Give rest - allowing the body to cool
- Give fluids - cools the body temperature plus replaces lost fluids which can cause illness
- Gently stretch and massage cramped muscles
- Get emergency help if unconscious or vomiting

**Heat Stroke** is a heat-related illness brought on by another medical condition. It can be life threatening.

**The symptoms are:**

- Body core temperature has risen
- Flushed color, hot and dry skin
- Feeling chilly
- Abnormal mental status - Dizzy, confused, delirious
- Hyperventilating

**Actions to take:**

- Get medical help - Call 911
- Cool body temperature quickly as possible
- Keep patient awake.

**Cold Weather Conditions**

**Discussion:**

As previously noted, muscles are more susceptible to injury when the weather and the muscles are cold. Warming up properly and thoroughly is important to reducing injury. Keeping warm is equally important. At what temperature to begin wearing added garments depends upon the temperature, wind and length of the game. A temperature of 30 degrees with a 50 MPH wind has a wind chill of about -15 degrees. Twenty degrees and a 25 MPH wind also have a -15 degree Wind chill. Both are capable of causing mild frost bite and hypothermia. Temperatures at 40 degrees F and a 30 mile per hour wind has a wind chill of 28 degrees which also offers a mild frostbite exposure but this temperatures closer to the "Low Risk" range for injury. Players will heat up rapidly so they should dress in layers and warm up properly before the game, taking off excess clothing before play begins. Please remember that uniform jersey must be the exposed fabric color and pants should be the same color as the uniform shorts.

**Prevention**

Wearing long underwear or protective clothing is allowed so long as it is Tight fitting and does not create a dangerous condition for other players in the opinion of the game officials. Hats are the most effective at retaining body heat; a skull cap or knit watch cap is generally acceptable. Hats with a stiff brim are not acceptable. An ear warmer style head band might be a good alternative to retain body temperature.

Wearing cotton is not recommended as cotton retains moisture which turns cold against the skin and draws heat away from the body. A better alternative is to wear poly, Lycra, or other hi-tech and tight fitting fabric which will wick moisture away from the body. Gloves of hi-tech fabric are light weight, tight fitting and very helpful. These fabrics are not dangerous attire, but as always the decision of the referee determines acceptability.

When leaving the field, it is important to retain the body heat generated while on the field. Put on a wind breaker and other warm layers immediately. Retain the body heat that was generated on the field. Warm up again to loosen muscles before returning to play. Cold muscles strain more easily.

### **Taking action**

**Awareness:** Dress warmly when off the field. Take extra time to warm up and keep muscles flexible during play. Take breaks as needed to warm up by wearing extra clothing when the cold and the wind reduce the body temperature. Drink fluids as always because players sweat from the exercise, even in the cold. Staying hydrated helps maintain the quantity of blood needed to warm exposed body parts and extremities.

### **Lightning**

#### **Discussion:**

The odds of being struck by lightning are very low, but those odds increase when safety precautions are not taken when a thunderstorm is near. There is immediate risk of a lightning strike when the leading edge of a storm is within 10 miles, however it is difficult to hear thunder at that distance.

There is a "Flash-Bang" method of determining the distance of lightning. You can estimate how far away the storm is by the time between seeing the lightning flash and hearing the thunder. Thirty seconds is equal to about 6 miles, or 1 mile for every 5 seconds. At that distance, all activity should be stopped and everyone immediately directed off the field. That is off the field, and not just under a tree as lightning will be attracted to the tallest object. Soccer clubs should have a Lightning Safety Policy which establishes procedures to take when lightning is near.

### **Prevention**

Watch for lightning activity. Assign someone to time the "flash - bang" and issue a warning. Move to a safe structure or into autos and leave the area. Stay off the field for at least 30 minutes after the last flash of lightning is seen or clap of thunder is heard.

### **Taking action**

**Awareness:** Get off the field and into a vehicle or structure. Move out of the area if possible.

If in a building, stay away from windows and plumbing fixtures. Especially, do not hold onto faucets or electrical appliances.

If in a vehicle, stay inside, with the windows rolled up. Do not touch any metal parts, especially the exterior of the vehicle.

If trapped on the field or without means to escape, find a low, dry spot and crouch down on the balls of your feet. Do not lie flat as that provides more body contact with the ground and increases injury potential if a lightning strike is nearby. Minimize contact with the ground.

If in the trees, stay close to the smallest trees.

### **Fluid Intake**

These fluids intake guidelines are for young athletes to consume prior to exercise to help reduce or delay dehydration, according to nationally recognized sources.

#### **Ages 6-12**

Before Sports

1-2 hours before

Drink 4-8oz of water

10-15 minutes before sports

Drink 4-8oz of water

#### **During Sports**

Every 20 minutes

Drink 5-9oz of water

#### **After Sports**

Within 2 hours

Drink at least 24 oz of water per lb of weight loss

#### **Ages 13-18**

##### **Before Sports**

1-2 hours before

Drink 8-16oz of water

10-15 minutes before sports

Drink 8-12oz of water

##### **During Sports**

Every 20 minutes

Drink 5-10oz of water

##### **After Sports**

Within 2 hours

Drink at least 24oz  
of water per lb of weight loss

**Fluid intake depends upon the child's body weight. The low end is for children of about 90 pounds and the high end is for players of about 130 pounds. Calculate the necessary fluid intake accordingly. Too much can cause stomach cramps and too little produces dehydration.**

**The Fluid intake data is provided by a youth sports parenting group known as Moms Team. They offer a full sports injury prevention, nutrition and safety web page at [www.momsteam.com](http://www.momsteam.com).**

# **DDSC/CRUFA FIELD LOCATIONS**

**Alder Elementary** - 17200 SE Alder St, Portland, OR 97233

**Bell St Field** - 16317 SE Bluff Rd, Sandy, OR 97055

**Butler Creek Elementary School** - 2789 SW Butler Rd, Gresham, OR 97080

**Cherry Park Elementary School** - 1930 SE 104th, Portland, OR 97216

**Collins Field** - 13th & May St, Hood River, OR 97031

**Columbia Park** - 1900 SW Cherry Park Rd, Troutdale, OR 97060

**Davis Elementary** - 19501 NE Davis St, Portland, OR 97230

**Deep Creek Elementary** - 15600 SE 232nd Dr, Boring, OR 97009

**Earl Boyles Elementary School** - 10822 SE Bush St, Portland, OR 97266

**First Baptist/Horizon Christian School** - 1889 Belmont Dr, HR OR, 97031

**Floyd Light Middle School** - 10800 SE Washington St. Portland, OR

**Hall Park** - 2505 NE 23rd St, Gresham, OR, 97030

**Harold Oliver** - 15800 SE Taylor Portland, OR 97233

**Hartley Elementary** - 701 NE 185th PL, Portland, OR 97230

**Kelso Red Elementary** - 34651 SE Kelso Road, Boring, OR 97009

**Knott Park** - Knott Park, Portland, OR, 97220

**Kramer Field** - 900 Webber St, The Dalles, OR 97058

**Lower Bell St Field** - 16317 SE Bluff Rd, Sandy, OR 97055

**Lynch Meadows** - 2800 SE 182nd Ave, Gresham, OR, 97030

**Margaret Scott Elementary School** - 14700 NE Sacramento St, Portland, OR 97230

**May Street Elementary** - 911 May St, Hood River, OR 97031

**Menlo Park Elementary School** - 250 NE 128th Ave, Portland, OR 97230

**Mill Park Elementary School** - 1900 Se 117th Ave Portland, OR 97216

**North Park** - 1001 Se 217th Ave, Gresham, OR 97030

## **DDSC/CRUFA FIELD LOCATIONS**

**Parklane** - 15198 SE Main St, Portland, OR 97233

**Pleasant Valley** - 17625 Se Foster Rd, Portland, OR 97236

**Prescott Elementary** - 10410 NE Prescott, Portland, OR 97220

**Red Sunset Park** - 2601 NE Red Sunset Dr, Gresham, OR, 97030

**Reynolds High School** - 1698 SW Cherry Park Rd, Troutdale, OR 97060

**Russell Elementary** - 2700 Ne 127th Ave, Portland, OR 97230

**Sacramento Elementary** - 11400 Ne Sacramento St, Portland, OR 97220

**Sandy High School** - 17100 Se Bluff Rd, Sandy, OR 97055

**Shaver Elementary** - 3701 Ne 131st Pl, Portland, OR 97230

**Thompson Park** - 14020 NE Sacramento St, Portland OR 97230

**Wahtonka #1 and #2** - 3401 W 10th St, The Dalles, OR 97058

**Welch's Elementary School** - 24901 E Salmon River Rd, Welches, OR

**West Powellhurst Elementary School** - 2921 SE 116th, Portland, OR 97266

**Westside Elementary North & South** - 3685 Belmont Dr, HR, 97031

**Wilkes Elementary School** - 17020 NE Wilkes Rd Portland, OR 97230

# First Aid Emergency Procedures

When you accept the role of “coach” you accept a major responsibility for the care and safety of your athletes.

A great deal of responsibility for the protection and safety of your athletes rests with the athletes. But their ability to understand what they can do how they can do it and whether they are doing it right rests on you as the coach. Too much attention to strategies and the overall view of the game and inadequate attention to the basic fundamentals which provide for your athlete’s safety is a way to lead to injuries.

We encourage you to enroll in a First aid class to help prepare yourself to handle those unforeseen accidents that happen while playing and practicing.

Your job as a volunteer coach is to recognize and injury when you see it, stabilize the injury as best you can and prevent any further problems. Sometimes these injuries will require further care by a Physician. What you need to know is what the limitations of your training and knowledge are. If you are not a trained medical professional, then your job is to call one immediately whenever you have any doubt as to what to do next. For the injuries that require immediate attention by a trained professional call 911.

It is important to have a well thought-out plan for dealing with injuries. It is best to have a written response plan for emergencies. Some Points to consider in your plan:

1. Is a first aid kit available?
2. Where is the nearest Phone?
3. How to get first aid and paramedic/ambulance?
4. Do any of the other coaches know first aid?
5. Who will go for help if you need to attend to and injured player?
6. Who will supervise other players if you summon help?

Discuss our emergency plan with the assistant coach, parents, and athletes so everyone knows what to do.

There are some steps you can take to increase the safety of your athletes and insure your own peace of mind. Prevent as many injuries from occurring as possible and when one does occur, know your responsibilities and limitations when dealing with injuries.

There are some important steps to be aware of that can directly help you in your injury prevention plan. Some of these things are:

1. Emphasize proper skill development and technique.
2. Inspection of field and equipment
3. Sound conditioning.

# **Developing a Coaching Philosophy**

Your success as a coach will depend more on your coaching philosophy than on any other factor. Your coaching philosophy is the set of principles that guide the actions you take as a coach. It is the foundation on which all your knowledge about sport science, sport manages, techniques and tactics will be built. Your coaching philosophy will determine how wisely you use this knowledge.

It is important you are “In Line” with the David Douglas Soccer Club Philosophy.

In developing your coaching philosophy we ask you to think about the two most important decisions a coach makes. The first decision is determining which objective you will seek to attain when coaching. The second decision is to think about the coaching style you will use to achieve your objectives.

How you make these decisions will form two vital parts of you coaching philosophy and, to a large extent will determine how much success and enjoyment you and your athletes will have, obviously, no one can make these decisions for you. We will encourage you to consider several important issues as you develop your coaching philosophy.

One of the two most important decisions you will make as a coach concerns the objectives you will seek to achieve with your athletes, Take a few moment to think what your objectives will be and write them down.

## Coaching Tips

There are numerous reasons why people coach. Some people may have even been begged or even tricked into volunteering to coach. These people are outstanding individuals that do a wonderful job donating their time and promoting sports to the youth. Many times the individuals are unaware of the important task they are taking upon themselves.

This guide is an effective reference point for all coaches on how to deal with specific situations they encounter during a season.

These guides take the best ideas from some of the best coaches and sports authorities this nation has to offer.

**FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN**

Among the many benefits that children can derive from sports, perhaps the most important is simply having FUN. What is Fun? In the words of a 5 year old girl, "Fun is when I'm doing something that makes me Happy just doing it".

# **Bill Of Rights for Young Athletes**

Right to participate in sports

Right to participate at a level commensurate with each child's maturity and ability

Right to qualified adult leadership

Right to play as a child and not as an adult

Right of children to share in the leadership and decision making of their sport participation

Right to participate in safe and healthy environments

Right to proper preparation for participation in sports

Right to an equal opportunity for success

Right to be treated with dignity

Right to have FUN

# Your Coaching Style

The second important decision you need to make is about your coaching style. The Three Coaching Styles are: The Command style, The Submissive, or The Cooperative style

## Command Style (The Dictator)

In the command style of coaching, the coach makes all the decisions. The roll of the athlete is to respond to the coach's commands. The assumption underlying this approach is that because the coach has knowledge and experience, it is his or her role to tell the athlete what to do. The athlete's roll is to listen, absorb, and to comply.

## Submissive Style (The Babysitter)

Coaches who adopt the submissive style make a few decisions as possible. It is a **“throw-out-the-ball-have-a-good-time”** approach. The coach provides little instruction, provides minimal guidance in organizing activities and resolves decisions problems only when absolutely necessary. The submissive-style coach is merely a babysitter and often a poor one at that.

## Cooperative Style (The Teacher)

Coaches who select the cooperative style share decision making with athletes. Although they recognize their responsibility to provide leadership and guide young people towards achieving the objectives set forth, cooperative-style coaches also know that youngsters cannot become responsible adults without learning to make decisions.

DDSC favors the Cooperative Style of coaching, because it shares decision making with the athletes and fosters the Athletes First, Wining Second objective. Imagine handling a wet bar of soap. If you hold too tightly, it squirts out of your hands (command style). If you don't grasp it firm enough, it slips away (the submissively). Firm, yet gentle pressure-the cooperative style-is what is needed. The cooperative-style coach gives direction and instruction when they are needed, but know when it is useful to let athletes make decisions and assume responsibility.

# **What Makes A Successful Coach?**

## **Knowledge of the Sport- Motivation-Empathy**

### **Knowledge of the Sport**

There is no substitute for knowing well the techniques, rules, and tactics of the sport you coach. Some people believe this knowledge is less important for teaching beginning athletes than advanced ones but this assumption is false. In fact, to teach the fundamentals well to beginners requires as much knowledge, if not more, than to coach professional athletes. (Actually they require different types of knowledge)

Knowing how to teach skills avoids injury risk and frustration from repeated failure for your athletes. The more you know about the basic skills of your sport and ability teaching these basic in the proper sequence, the more success and fun you and your athletes will have.

Moreover, your ability to teach these skills will earn your great respect from the athletes, for they value them. This respect gives you credibility that you can use in teaching athletes other important things, such as ethical behavior, emotional control, and respect for others and themselves.

Having once played a sport is, of course the most common way coaches acquire knowledge about techniques rules, and tactics. But that may not give you all the knowledge you need nor does not having played a sport mean you can't acquire the knowledge about it. Attend clinics, visit High School Practices and find books and videos. You can learn, too, by watching other coaches. Just remember that all methods are not appropriate for athlete of different ages or skill level.

### **Motivation**

You can have all the skill and knowledge in the world, but without motivation to use them, you will not be a successful coach. You need only to come across a youngster who has the ability but not the motivation to develop into an excellent athlete to see full well the importance of motivation.

Sometimes coaches have the motivation to successful but not the time. Or rather they don't have sufficient motivation to make the time for doing what is necessary to be a successful coach. DDSC encourages you to have both the motivation young people need as well as the time to put it into place for your team.

### **Empathy**

Empathy- what is it? It is the ability to readily understand the thoughts, feelings, and emotions of your athletes and to convey your sensitivity to them. Successful coaches possess empathy. They can understand athletes' joy, frustration, anxiety, and anger. Coaches who have empathy are able to listen to their athletes' and express their understanding of what was said. They don't belittle, chastise, or diminish the self-worth of their athletes, because they know how it feels to experience the loss of self-worth. Coaches with empathy more readily communicate respect for their athletes, and in return receive more respect. You need it to be a successful coach!!!!