

YOUTH SPORTS COACHES TRAINING

OUTLINE:

My Contact Information

Coaches Corner – Demonstrating
Respect

Coaches Responsibilities

Sportsmanship

Program Information

Clinic Ideas

Thank you!

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COACHES CORNER

Coaches are seen as experts. Remember your players will act similar to the way you act.

~Conroy & Coatsworth, 2006

DEMONSTRATE RESPECT

- Genuinely care for each player and their parent(s).
 - Show you care.
 - Don't fake caring.
- Show kindness in the little things.
- Respect the dignity of every person and every role.

REMEMBER FAILURE IS GOOD

I'VE MISSED MORE THAN
9000 SHOTS

IN MY CAREER.

I'VE LOST ALMOST
300 GAMES.

26 TIMES, I'VE BEEN TRUSTED
TO TAKE THE GAME WINNING

SHOT AND MISSED.

I'VE FAILED OVER AND OVER AND OVER
AGAIN IN MY LIFE.

AND THAT IS WHY

I SUCCEED.

MICHAEL JORDAN



CALLING DREAMS

Things to say –

Mistakes make us try harder.

I love watching you play.

What do you think we should
work on at practice?

Each time you try you get a little
better.

I need good listening.

Watch me, then you can try.

Great job dribbling!

You played really strong defense
today.

Mistakes help us learn persistence,
which is important.

Hold the balls.

COACH RESPONSIBILITIES

“It is the coaches’ responsibility to ensure all players know and adhere to these rules.”

~ Provo Parks & Recreation

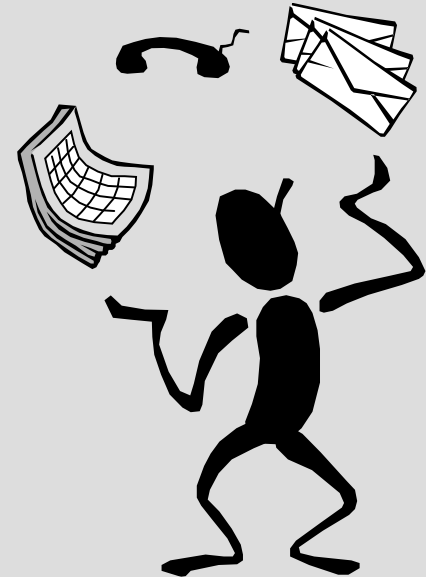
COACH RESPONSIBILITIES

Before games begin:

- Contact your players
- Brief parent meeting
- Assistant coaches (Subs)

All season:

- Skill development
- Involve everyone
- Teach teamwork!



Program Information

Coaches Corner

Coach Responsibilities

CODE OF CONDUCT

- Physical & verbal abuse are not tolerated
- Unsportsmanlike language is prohibited
- Drugs, alcohol, & smoking are not allowed at any games



Program Information

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COACHES EXPECTATIONS

Follow The Link To Watch the Coaching Video:

[Coaching 101](#)

SPORTSMANSHIP CARDS

- Teams can earn up to 5 points each game

1st Grade Basketball				
March 24, 2016		C-1		
D1		5:00P		
Sportsmanship Score				
Your Team				
Pelicans				
Opponent's Team	Bad	Normal		Good
Blazers	1	2	3	4 5

- Coaches grade the other team
 - Please flip card over and tell me why you gave a 1 or a 5

PROGRAM INFORMATION

1st/2nd Grade Little Jazz Basketball



LOCATION & SCHEDULES

Provo Recreation Center – 320 W. 500 N.

- Cougar Court & Thunderbird Court

Centennial Middle School – 305 E. 2320 N.

Check your time & location each game.

Schedules are available online at

provo.org/sports



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GAME TIME

- Practice: **15 minutes**
 - Not just shooting baskets
- Games: 4 – 8 minute quarters
 - 1st/3rd Qtr. Breaks
 - 27.5 junior size game ball
 - Rim height: 8 ft.
- Half-time: 3 minutes



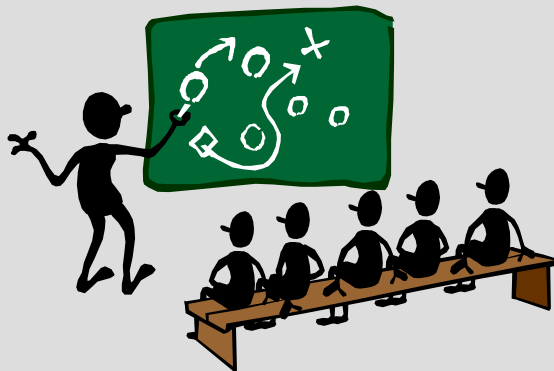
GAME RULES

- Man to man defense
- Substitutions at dead ball
- No full-court press
- No stealing the ball



SKILLS CLINIC

- First Session - Basic Skills Clinic
 - Four 7-8 minute stations run by my staff.
 - Shortened scrimmage game (two 8-9 minute halves approx.)



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MATCHING REQUEST POLICY

- **Goal:** balance out the competition for recreation-level sports programs.
- Players are limited to mutually requesting up to a group of 4 players (1 player + 3 friends) on the same team.
- Groups of 3-4 - Volunteer head coach required
- Siblings will still be guaranteed to be together – siblings will count as part of the group of 4 limit.

COACH SCHOLARSHIP PROGRAM

- New program designed to help Provo families
- Earn up to a \$5 scholarship for a future program
- Can be used by your family or transferred to a family in need
 - Local neighborhood family
 - Player on the team
 - Multiple unexpired scholarships can be used together

Program Information

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COACHES SCHOLARSHIPS

\$5 Scholarship

Designed for programs that do not have outside practices and do not involve much additional time aside from game days. Equipment is not checked out to coaches.

Coach Expectations

- Sportsmanship

Team must receive 65% sportsmanship points for the season

**“THEY CALL IT COACHING
BUT IT’S TEACHING. YOU DO
NOT JUST TELL THEM – YOU
SHOW THEM THE REASONS.”**

VINCE LOMBARDI

PRESENTATION VIEWING CREDIT

- In order to receive credit for viewing the PowerPoint, please tell the front desk the following word when you pick-up your coaches packet & jerseys:

Respect