

# Objectives

- Define coaching and the coaches role in the youth athletic experience.
- Introduce Parents/Players to the guiding principles for creating a positive youth experience.
- Understand how I, as parent can support my son or daughter as a youth athlete.

When they start the game, they don't yell  
"Work Ball!" They say "Play Ball!"

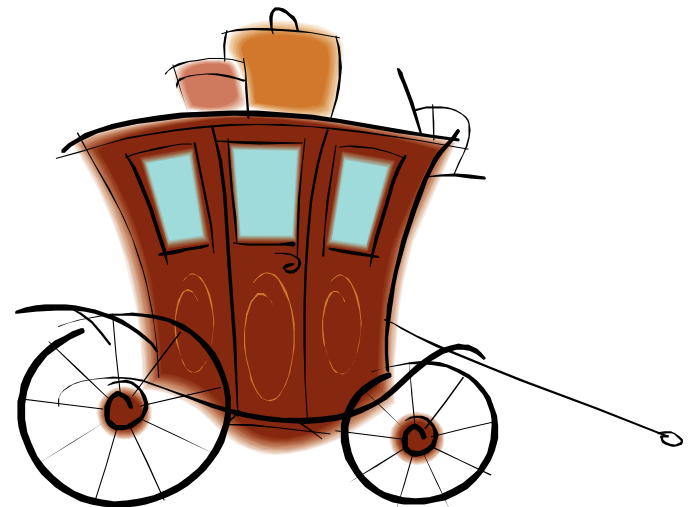


***-Willie Stargell***

# The Coach

- The very first use of the word “coach” in English occurred in the late 1500s to refer to a particular kind of carriage...Hence the root meaning of the verb “to coach”: to convey a valued person from where he or she was to where he or she wanted to be.

Roger D Evered and James Selman –Coaching and the Art of Management



# Guiding Principles

- Develop “Winners”
- Fill the Emotional Tank
- Honor the Game

# Developing Winner's

➤ Want to Win

➤ Want to be “ Winner's” in Life

# ELM Tree Model

- **E** Give your best effort every day
- **L** Continue to learn and improve
- **M** Do not let fear of mistakes stop you

# How Can I Help:

- Let them know you appreciate their effort.
- Tell your son or daughter that it's OK to make mistakes.
- Ask rather than tell.
  - What was the best part of the game for you?
  - What might you want to work on in your next practice?
- Understand that Mastery is hard work.

Filling The Emotional Tank

***Magic Ratio 5:1***



# Filling The Emotional Tank

- **Be a Tank-Filler**



- **What can I say or do to fill my son or daughters E-Tanks?**

# How Can I Help:

- Fill their tank regardless of outcome.
- Try not to give your son or daughter a lot of advice.
- 3 Pluses and a Wish.

# Honoring the Game

## **R-O-O-T-S**

- Rules
- Opponents
- Officials
- Teammates
- Self

# How Can I Help:

- Let your son or daughter know you want them to honor the game. Discuss ROOTS.
- Be a good role model.
- Be a Culture Keepers