

# Program Goals and Coaching Guidelines for Amherst County's Youth Basketball Program

## Goals of this program:

The goal of this program is to aid the youth in our communities in developing their abilities both physically and mentally. Certainly we want the participants to learn and improve their basketball abilities, but it's also important that they have fun. Adults are reminded not to take games too seriously. One shouldn't try to fix a missed or wrong call as that might rob the player of learning how to deal with the difficult and unpleasant situations. Coaches aren't volunteering their time with the expectation that they will coach perfectly, nor are they expecting officials to perfectly call the games and they're certainly not expecting their players to play perfectly. They are expecting them to learn from the good and bad situations that arise. Those that take playing a game too seriously can cause more harm than good. Winning is wonderful and a worthy goal to pursue. However, winning is only one of several goals that are targeted by this program.

There are many proven strategies that one can follow to help achieve a goal. One goal of this program is to help players realize that anything worth having is worth working for. If a person saved \$10 a week for 4 weeks, then why should they expect to be able to withdraw \$100? Youth sports programs are in essence an ideal classroom to help them better understand that they will get more out of the program if they put more in. Hence, if they want to have a winning season here are some time proven tactics to follow.

- **Conditioning and Exercising** will benefit them in every endeavor in life that they pursue and especially basketball.
- **A member of the Team** – Players must recognize that it's not just about them. They're part of a team. Sometimes it will be easy to get along with teammates and sometimes it will require a bigger effort to get along. Teams win together and teams lose together. There's no ME in team.
- **Listening and Learning** are core values that a player must recognize as necessary.
- **Practicing** both with their team and when alone is very valuable.

# Why coach youth sports:

Things to consider:

- Most coaches volunteer because no one else would do it.
- And/or they have a child that is playing.
- And /or they feel that they can contribute and make a difference.

There are many more reasons why people coach, most are good and some not so good. 20 years from now the kids that you coached won't remember who won a particular game, but they will remember how you treated them, whether you helped or hurt them. Whether you taught them something or whether you wasted their time. They will either not remember you at all or they will remember that you had a positive impact on their lives.

Coaching is a people business and the most important skills are not technical but interpersonal. If a coach cannot communicate with the players or fails to understand their learning styles, how then can the coach be successful? Using the best drills in the world does not make a great coach. You can watch thousands of games a year on TV, YouTube, or read lots of books, so there is plenty of knowledge to be had. Knowledge alone however, does not make for a great coach. It's how a coach uses the information, relates to the players, motivates, challenges and inspires that makes the differences.

## Who needs good coaching?

Duh, doesn't everybody? The players of course need good coaching, but the parents need coaching and of course the coaches need coaching. Only dead people don't need good coaching.

## Sportsmanship

Just remember, this is recreation basketball, a place for kids to learn the game, grow and develop as players. As a coach, you are a vital piece of that, to instruct, motivate, challenge and inspire these kids. As such, you are to be a model of good sportsmanship. We've all had games with bad calls but it accomplishes absolutely nothing by losing your head over it. Officials will miss calls just like players will miss shots or make bad passes. Everyone makes mistakes. Instead of complaining, a person's time & energy may be better spent helping others to adjust and cope with the situation. Very rarely, if EVER, does screaming at a referee, player, parent or other coach change anything.

If you are unhappy with the calls that an official makes, ***do not speak at, or make loud comments about, nor complain about the officiating.*** Referee decisions cannot be appealed and only the head coach is permitted to address the referee for a question or clarification.

Under NO circumstances is derogatory language or outbursts of anger acceptable. An unsportsmanlike coach will be asked to leave the court & suspended for a game. Lead by example in demonstrating fair play and sportsmanship to all players, coaches and officials, even when you don't agree with everything. Parents and players feed off of your behavior – so strive to set a good example by creating a positive sports environment with mutual respect towards everyone, modeling good sportsmanship and developing your players.

# Studies have revealed that 70% of children drop out of sports by age 13.

Did you know?

Why do kids stop playing sports?

- 48% Didn't like their coach
- 27% Other reasons
- 17% Simply didn't like the sport
- 6% suffered an injury

Have you ever witnessed a coach arguing with another coach, official or parent at a game or practice?

- 53% - Occasionally
- 24% - Never
- 16% - Once
- 7% - Often

With your help and continued commitment many kids will have a chance at more and greater opportunities than they would have had, had **YOU** not been their coach.

Thanks for taking on this wonderful and worthy Challenge!

## Coaches Code of Ethics

***I hereby pledge that:***

**I will** place the emotional and physical wellbeing of my players ahead of a personal desire to win.

**I will** treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

**I will** do my best to provide a safe playing situation for my players.

**I will** promise to review and practice basic first aid principles needed to treat injuries of my players.

**I will** do my best to organize practices that are fun and challenging for all my players.

**I will** lead by example in demonstrating fair play and sportsmanship to all my players.

**I will** provide a sports environment for my team that is free of drugs, tobacco and alcohol and I will refrain from their use at all youth sports events.

**I will** be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.

**I will** use those coaching techniques appropriate for all the skill levels that I teach.

**I will** remember that I am a youth sports coach, and that the game is for the children and not the adults.