



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Our Mission

The Peninsula Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of the spirit, mind and body.

AREAS OF FOCUS

YOUTH DEVELOPMENT
HEALTHY LIVING
SOCIAL RESPONSIBILITY

CORE VALUES

CARING
HONESTY
RESPECT
RESPONSIBILITY

PENINSULA FAMILY YMCA SPORTS DEPARTMENT PROGRAM OBJECTIVES

- 1) To teach and enforce the Y Core Values through sports programming, taking positive lessons learned in sports into life.
- 2) To create a safe and fun environment where players and families build community through team experiences.
- 3) To engage and empower volunteers who provide support and guidance in our "Areas of Focus": Youth Development, Healthy Living, and Social Responsibility.

Youth Sports Programs Standards

Provided list of healthy snacks
Personal/ Spiritual Growth
Character Development
Supporting and Strengthening of families
Appreciation of Diversity
Leadership Development
Skill Development
Health Enhancement
Environmental Awareness
Community Involvement



<i>DO'S</i>
Be Positive
Attend all games and practices <i>On time</i>
Communicate with coordinator
Relay all information to parents
Focus on teaching rather than winning
Allow every player to play all positions
Accept suggestions and criticism
Make full use of every practice. Attempt to teach something at every practice.
Concentrate on strengthening each players weakest skills
Appreciate and congratulate good play – your team or the opposing
Mold a classy team – Preach a positive attitude despite losing
Appreciate and congratulate the officials
Realize that mistakes will happen
Delegate responsibility to parents
Give personalized player awards
Read the rulebook
Be a positive example to your players
Realize your not just teaching skills, but positive values as well.
Complete the evaluation at the end of the season
Have a personal team party
Develop a winning attitude despite the score
Have fun

<i>DON'TS</i>
Ridicule or harshly criticize.
Miss games or practices without notification
Assume that Program Director cannot help
Forget to communicate with players and parents
Bench players in order to win a game
Keep certain players from experiencing all aspects of the game.
Assume that you know everything
Allow practice time to be wasted.
Get angry at players for not doing something they <i>don't</i> know
Ridicule the other team or coach after losing
Force your team to <i>stoop down</i> to a negative style of play
Assume the officials are out to get you
Assume that mistakes will not happen
Try to do everything yourself
Fail to recognize every player on the team
Assume that you <i>think</i> you know
Be a negative example to your players
Treat lesser skilled players differently
Keep suggestions or comments to yourself
Allow the season to end without getting together to celebrate the season
Feel as if the season was lost without a winning record
Make it seem like another job

“Make each day your masterpiece.” - John Wooden

Positive Reinforcement ~ A Few Tips

1. **Get down on their level**
As often as you can. That means on your knees. Try to remember kids are people too and should be treated with respect, honest, and caring! Giving or showing examples of what you want is a great method of teaching.
2. **Be specific when you praise:**
For example *You did an excellent job dribbling the ball! You kept it close you and used both feet!* This is a good set up for corrections too – first praise something they did well, then give the correction in a motivating tone: *You did a great job dribbling the ball with both feet and you kept the ball close to you. Keep it up. Now let me show you how to do all those things and also look up so you can see your opponents. Okay, now you try.*
3. **Be specific when teaching sportsmanship & focus on positive behavior change:**
Pushing another player is not O.K. Pushing can hurt someone. I want you to keep your hands to yourself from now on. Now tell me what I want you to do. Child's response: Keep my hands to myself.
4. **Reinforce players for who they are, not just what they can do.**
I really enjoy coaching you, you are fun to be around and I am glad that you are on our team!
Remember: Be positive all the time!
5. **Convey that you care about them, even though you don't like their behavior.**
(as you gently put your hand on their shoulder) Let's think of a better way to express your feelings than kicking the ice chest. Get the child to talk about their feelings. Let them know that you care about their feelings as well as the rest of the players on your team. Remember to reinforce positive behavior and stop negative behavior as soon as it occurs – since young children are soon to forget.
6. **Reinforce SOME aspect of the player's performance in situations of apparent failure.**
Nice try! Keep trying...you can do it. You sure look like you are having fun. I am glad you are trying. Now let me show you what I want you do practice/work on. You have been practicing haven't you?
7. **Reinforce positive behavior/skills as often as you can.**
A lot of encouragement can go a long way. Compliment! Even when the player's skills are not astonishing, find something to say that tell them that you have been paying attention to them. Praise for behavior is just as good. Praise the little things that others might not notice. Maybe they were a good listener, a good helper putting the equipment away, or generous with sharing their water. Pay attention ~ the kids do!
8. **Be Sincere!**
Young children can read through false praise. Use eye contact and smile! Trust will soon develop. If you choose to reward a player through praise, use their first name and be honest.

How to Properly Coordinate a Practice and Game

A few tips:

1. Do not allow time to be wasted – Request that all players arrive early enough to start on time. Give no more than five minutes of personal warm-up.
2. Begin each practice session with organized stretching and warm-up. It will increase physical stability and prevent unnecessary injury.
3. Following the warm-up, discuss the objective for the day. Use a chalk/white board if necessary. Make sure that all players completely understand how the session will progress prior to starting the drills.
4. Always begin each drill with a demonstration. If you do not participate with the team, have an assistant or player demonstrate for you.
5. Do not expect the players to learn the skill quickly, be supportive and encourage players to try – THAT IS WHAT COUNTS.
6. Be able to modify the drill if it is too confusing, too advanced, or too easy.
7. Allow for many water breaks.
8. Allow for suggestions from players and assistant coaches.
9. Proceed into every successive drill the same fashion.
10. Do not allow for confused scrimmages (If you choose to scrimmage, make sure the players concentrate on weak skills and/or materials covered that day)
11. Always end each practice with a discussion of the hour and positive reinforcement for their effort.

How to Delegate Responsibilities to Parents

Many of them share the same enthusiasm as you. Therefore they are very willing to help in any way. They just need to be asked.

Here is a list of several positions that parents can fill on a recreational youth team:

- Assistant Coach – Assists the Head Coach during practices and games.
- Specialized Player Coach – Ex: Goalie coach responsible for choosing, suiting, and developing goalies throughout the season.
- Snack Parent – Responsible for assigning parents to sign up for snack. Makes the necessary phone calls.
- Booster Parent(s) – Responsible for organizing the end of season party as well as designing and presenting player awards.
- Phone Parent – Responsible for calling or receiving a call from the YMCA regarding all make-up games. Makes all phone calls to players informing them of reschedules.

A few tips:

1. Allow parents to volunteer after asking them, do not simply assign them to positions.
2. Keep in mind that there will always be a few that do not want to help.
3. Constantly stress the importance of parent and family involvement.
4. Refer parents to the Youth Sports Coordinator or Director if they are interested in coaching their own team next season.