

YouthFirst

Coaches Learning about Youth Sports
The Sports Education and Leadership Program at UNLV

Volume 1 Series 1
Grades 1 & 2

“Attributes of Athletes”

What is an Athlete?

Have you as a coach ever seriously sat down and have tried to come up with what kind of qualities an athlete has?

Well this may be just a beginning step in finding out how you might be able to help your team. First, seriously think about how different everyone is mentally, physically, and emotionally. How are you going to

be an effective coach to the team as a whole? Will you expect the same tasks from all of you Athletes?

Youth First is a program designed to help you as coaches become more organized and effective. We promote positive action at all times. So please take a time to make a short list for what you feel is an



athlete. Throughout the season, reflect on it periodically.

Inside this issue:

What is an Athlete	1
How do you target a	1-2
Goal Charts	2
T.E.A.M.	2

Special points of interest:

- Be Positive!!!
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Why do Kids Play Sports?

1. To Have FUN
2. To develop skills
3. To make new friends
4. To do something fun
5. To be around others

Make it a FUN and POSITIVE atmosphere and kids will stay in sports.

How do you target a child's potential?

Every child has the ability to become great in whatever sport they choose, but how do you as a coach aid in their skill

development. In Dr. Shari Kuchenbecker's article, Too Much Pressure and Criticism Harm Athletes' Potential, she shows how

critical children's psychological and emotional status plays in their athletic potential. In this article she discusses how

A child’s Potential

Continued from Front Page

negative comments and sarcasm has negative affects on the children mentally. In many cases this can lead to the child dropping out of a sport, and or missing out on a passion they once had. To ensure that each child gains not only knowledge, but a interest or love for the sport you coaching, you are going to have to serve as an aid in their potential.

One way that you can do this is by encourag-

ing the children even though they may have made a mistake, or not have done it correctly. Also, as a coach, expressing that you care for the team, and that you want to lead them to success. By being more positive, and expressing to your team to be more positive to each other may just help the children achieve more then their potential, and will be rewarding for both the coach and the players.

Goal Charts

In the beginning of the season, split the season up into sections. (eg. Fourths, January, February, March, April) Then as each part of the season comes around, as a coach come up with general goals for your team, the parents, and the coaching staff. This will help you recognize goals you need to work on such as, stop punishing with running, etc. This will help you be a reflective coach in control of all of your surroundings.

Team Goals
1.)
2.)
3.)
Parents’ Goals
1.)
2.)
3.)
Coaching Goals
1.)
2.)
3.)
• Be sure to be realistic in setting these goals, and direct them towards everyone involved.*

Tips on Being a Great Coach

Coaching is like any other profession, whether one does it as a volunteer or a paid employee, a coach should always drive to be the best. This does not mean one is judged by a winning record, for if a coach judges the win/loss record as a true indicator of coaching success then perhaps that coach was in the wrong profession. Coaching is about helping young people to develop skills, to grow socially, to develop self-esteem, to grow academically, to grow as an individual, to recognize the importance of sportsmanship, and more importantly to help young people find themselves. It is about character development and the growth of an individual. It is never about the coach. It is always about the individual player. If you want to be a great coach, then concentrate on helping to make a great young man or woman.