



## **PRUMC Sports & Recreation**

### **Helpful Tips for Coaches:**

#### **Once Your Team Has Been Established...**

- Contact your players as soon as possible to make them aware of your first practice (location, date, time)

Schedule a team meeting (during the 1st practice) with parents and players

#### **What to Discuss at the Team Meeting:**

- Introductions
- Your goals for the season
- Assistant coaches (get help!)
- Team Mom/Dad - to help coordinate things such as distributing uniforms, planning post season banquets

#### **Other Tips:**

- Match uniform sizes to players before having name printed
- Have a practice plan
- Get a whistle

- End practices promptly
- Have players help clean up after practices and games
- Never leave until you have personally seen each of your players with their parent or guardian
- Always introduce yourself to referees and opposing coaches before games. Once the game begins, however, any communication between coaches should be done through the referee.
- Stay Grounded (Never too high or too low)

ALWAYS SET A GOOD EXAMPLE - NO MATTER THE CIRCUMSTANCES!

"There is no such thing as a "5 year old athlete". Young players are children who are beginning to form a framework in their mind of what it means to be an athlete and to be part of a team in athletics. The best thing you can do for them is to help them develop the foundations of that framework based in sportsmanship, teamwork, and positive attitude" *Charles Akin*

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*Other Useful links:*

[Tommy`s Basketball Playbook for Coaches,Parents and Players](#)

[The Challenger Way - Welcome to TheChallengerWay.com! - Soccer Instruction](#)

[Coach John Wooden's Website](#)