



The Ideal Coach

Coaching in a youth sports league can be overwhelming. From emails, player contacts, practice nights, game day schedules to relationships with families, officials, and league personnel. A volunteer can be overwhelmed with all the moving parts that can come with coaching. Here are a few things to focus on for the season to be an Ideal Coach.

As you work on your own coaching philosophy, plan your season, and establish realistic expectations, remember this phrase:

Teach to Knowledge, Train to Skill, and Mentor to Character

Breaking down and focusing on the few will enable you to establish your team and track your growth points throughout the season in each area; eliminating the feeling of being overwhelmed and wondering if you are teaching or accomplishing anything.

Teach to Knowledge

1. Understand the mission and vision of the league using the Sports Ministry Grid.
2. Understand the responsibilities of Coaching, the commitment of weekly practice and game, weekly communication with players and families, demonstrating and speaking on a gospel-centered approach to athletics.
3. Understand the opportunity a coach has to influence ONE player.
4. Understand the development stages of youth within player development and coach to their specific level.
5. Understand what the Bible says about sport / athletics as well as competition.

Train to Skill

1. Specifically plan age-appropriate practices that are fun and effective / purposeful.
2. Learn and develop ways to teach spiritual lessons throughout practice drills and game day situations. See more than a sport being played out, see an opportunity to teach!
3. Prepare prior to games for lineups, game goals, and team development during games.
4. Develop relationships and make intentional efforts to cultivate relationships with players and parents, as well as officials. Build relationships that are encouraging of one another and when needed demonstrate biblical approaches to conflict management.

Mentor to Character

1. Grow in your personal relationship with Christ and lead your team by example and outflow of your own development.
2. Understand the "Why?" Of your coaching. What's your motivation? What's your ultimate desire and outcome for your players, championships, reaching specific goals, understanding more of how Christ impacts their life and participation? Once you identify a definitive "Why," you will gain a compelling vision and purpose.

This is the process of Coach Development. It's a process that will start where you are currently and move and grow throughout the years as you gain more understanding of each area. When working through these processes, set realistic expectations for this season, always working through specifics with the end in mind (5-7 years).