



# TOP 10 TIPS

## Coaching Youth Sports By R. E. Martin

### #1 An Ounce of Prevention is Worth a Pound of Cure

Have one-on-one preseason meetings with parent(s) and identify how future disagreements will be handled before they happen — off-field, privately, with short cooling off periods when possible.

### #2 Ingredients not Part of the Recipe Can Both Enhance or Ruin the Dish

Grandparents/visitors weren't in your "prevention meeting." They won't be familiar with agreed to team standards of conduct. Solicit parents' cooperation to manage guests regarding games and practices behavior norms.

### #3 A Fragile Branch Can Be Fractured in Many Ways

Treat children's/players' emotional traumas exactly as you would a physical injury.

### #4 It is Easier to Navigate in Still Waters than in a Typhoon

The more you are able to plan and be organized, the better your coaching experience and effectiveness will be.

### #5 The Wise Person Seeks the Advice and Counsel of Elders

Those with more experience can often provide useful guidance and information.

### #6 There are Many Paths, but the Best Path should Always Be Dictated By What is Best for the Passenger, not the Steersman

Said another way, it is not about you. Coach for the well-being of your players.

### #7 Winning, or the Effort To Win, May Be Everything to Some, but Not to All

Reportedly, Vince Lombardi (legendary Green Bay Packers football coach) corrected the statement attributed to him "winning is everything" to "the effort to win is everything."

You are not coaching professional athletes... preserving and nurturing the self-esteem of young athletes is everything!

### #8 A Rope Pulled Together, in One Direction, is Best to Lead With

Putting energy into identifying mutually agreed to philosophies, coaching styles and priorities with your coaching staff is time well spent — use shared descriptive terms as much as possible.

### #9 The Apple Falls Near the Tree, but Fallen Fruit is Detached from the Tree

Parents have every right to protect and guard the welfare of their children — conversely, a good coaching practice is to educate parents that the games are best enjoyed when owned by the kids, not by the coaches and/or parents.

### #10 To Assume Makes... Well, You Know the Rest of that Saying

The best coaches do it their way, but they also understand that it is not the only way.

Stay open to adopt different methods to be better coaches.

#### EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

#### SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

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#### BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

[thebmsproject.org/Safety](https://thebmsproject.org/Safety)

#### CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).