

# Georgetown Recreation Coaching Guide

This coaching guide is designed to answer popular questions, and debunk myths associated with coaching youth sports and common scenarios that might arise while coaching. The goal of this guide is to help reassure and make you understand that you are not alone while coaching.



## Mission Statement

"To create an environment that provides opportunities for positive experiences and personal growth."

## Responsibilities of a Youth Coach

As a Georgetown volunteer coach, we ask that to the best of your ability, you will ensure that kids participating on your team have fun practices and games each week. Georgetown Youth Athletics wants to give kids an atmosphere where they will enjoy themselves and continue to want to play sports. It is important that you promote an environment where having fun is the number one priority.

## Popular Questions and Debunked Myths

1. What is the time commitment?
  - A. Coaches are responsible for a 1-hour practice each week (coaches pick day and time) and a 1-hour game each Saturday.
2. Do I need to have played the sport before?
  - A. No prior knowledge required. This is a recreational league and anything you need to know will be provided to you or can be learned by simply googling the sport and age you are coaching. For example: 5-6-year-old soccer drills will give you plenty of good information.
3. What if I can't make every practice?

- A. We realize you are a volunteer and life may get busy. We ask that you attempt to see if another parent will fill in. If no one will fill in, contact the coordinator for a reschedule, if not then cancel practice. For a game if no one will step in at game time we will find someone to step in.
- 4. Will my child be on the team?
  - A. Absolutely.
- 5. Is there support for coaches?
  - A. We are always happy to provide pointers and resources you will need to succeed. To access the information, contact the Recreation Program Coordinator.

## **Common Scenarios**

- 1) Building a good practice.
  - a. To build a good practice you will first need to know what your team's challenges are. Pay attention during practices and games and this will help coaches find practice focus ideas.
  - b. Formulate the practice with a combination of drills and games that will target the areas of improvement (the young age group benefits from game focused drills and avoiding lines as much as possible).
  - c. Always plan extra as some drills/games will not work or may run shorter than expected.
  - d. End with a scrimmage even if it is only for a few minutes. This will help your team use the skills they just practiced.
- 2) Player refuses to participate.
  - a. If you have a player that refuses to participate connect with the parents to see if they have advice to help keep his/her attention.
  - b. If the player becomes a problem to where you cannot affectively coach, please notify the Recreation Program Coordinator.
- 3) Fighting amongst teammates.
  - a. This one can be tricky as it largely depends on the situation. In situations where they are arguing with each other about something one of them may have done. Have the other players continue the drill or game they are playing and have the two that were fighting talk it out with you asking them questions like what happened. Have them apologize to each other and typically the situation will be forgotten.
  - b. Contact the Recreation Program Coordinator.
  - c. Connect with the parents.