

Youth Sports NAYS Journal

Volunteer Coach Training Program

A PROGRAM OF THE NATIONAL ALLIANCE FOR YOUTH SPORTS • WWW.NAYS.ORG



INSIDE:

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- » Teaching good sportsmanship
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NAYS
National Alliance
for Youth Sports



By becoming a NAYS Coach you are part of a

special group of dedicated volunteer coaches who have completed this training worldwide. Being a NAYS Coach does not mean that you are qualified in the sense of a paid coach on the high school, college or professional level, but it does mean that you have received training in many of the responsibilities that are a part of coaching youth sports, such as:

- Being aware of the psychological and emotional needs of children while participating in sports
- Knowing that safety and first-aid care are the most important factors in the well-being of children and at times emergency personnel should be called to tend to injuries of a serious nature
- Recognizing that conditioning, nutrition, flexibility and strength development are important factors in a child's experience
- Knowing you have a responsibility to teach only proper techniques that are age-appropriate for the children you are coaching
- By signing the Coaches' Code of Ethics Pledge you are committed to placing the safety and well-being of every child above all else

Program Requirements:

1. Viewing the Coaching Youth Sports training video and the sport-specific video for the sport you are coaching.
2. Signing the Coaches' Code of Ethics Pledge
3. Completing the exam

Adding An Additional Sport:

If you are coaching another sport within the same year you simply need to complete the sport-specific training for that sport and sign the Coaches' Code of Ethics Pledge. If you attend a live additional sport training you don't have to retake the exam or pay an additional fee. You can add another sport to your membership through the Online Trainings website for only \$5.

Visit www.nays.org/nyscaonlineclinics for information.

NAYS Member Benefits:

- ▶ \$1,000,000 liability insurance policy
- ▶ Access to FREE additional online trainings for recognizing and preventing bullying; concussions; coaching children with mental health challenges; and more.
- ▶ High-quality membership card with key tag
- ▶ Monthly e-newsletter
- ▶ Personalized NAYS Coach Member Page

Continuing Membership Program (Year #2 and beyond):

Prior to your membership's expiration date, you will receive a membership renewal notice. To continue your membership simply re-sign the Code of Ethics Pledge and remit the annual \$20 membership fee. You can renew by mail, online at www.nays.org or by contacting Member Services at (800) 729-2057.

Continuing Member Benefits

- ▶ Excess liability insurance increased to \$2,000,000
- ▶ \$250,000 excess accident/medical insurance
- ▶ High-quality membership card with key tag
- ▶ Monthly e-newsletter
- ▶ Personalized Coach Member Page

Working with PARENTS

Open communication is the key when it comes to having positive and productive relationships with the parents of your players, and the first step toward establishing that rapport is conducting a preseason meeting with the parents. Here are some key points to touch on during that meeting:

Introductions: Share your coaching background with the sport; or if you're new to coaching provide some basic information on yourself. This helps establish connections and help parents feel more comfortable with who will be working with their child.

Coaching philosophy: Parents want to know about how playing time minutes will be handled and how

positions on the team will be filled, among others, so make sure you have a clear plan for how you're dealing with those, as well as your goals for the season (which should include helping every player learn, develop and have fun!) And be sure to stress how important good sportsmanship is – both from the players and their parents!

Review the practice and game schedule: Family vacations and

other activities sometimes force kids to miss practice time so be sure to outline what affect missing practices has on game day playing time.

Parental expectations: Let parents know that you don't want them shouting instructions from the stands, as this can be distracting to players who need to be tuned in to what you are saying. Stress the importance of parents respecting officials and opposing players, refrain from making any negative comments, and applauding good plays, effort and good sportsmanship from both teams.

Coach evaluations: Encourage parents to evaluate you through the NAYS Coach Rating System. You simply send parents to the NAYS website where they will rate you in 15 key areas. It is completely anonymous – you will only see the overall results and you do not have access to individual evaluations. This is an incredible resource to learn about any areas that you need to pay more attention to, as well as great feedback to know which areas you are excelling in.

Open communication policy: Let parents know that you're happy to speak to them whenever they have a question or concern. Just make sure to establish some boundaries for those discussions: the conversation needs to be in private and it shouldn't take place on a game day when your attention is focused on your many other responsibilities.



Tips for building **SELF-ESTEEM** and **CONFIDENCE** in children

Self-esteem and confidence are crucial for children to enjoy and excel in sports – and life – and as a volunteer coach you have an incredible opportunity to be a positive influence in these areas. The words you choose, and how you deliver them, along with your actions and body language, can either boost confidence and self-esteem, or smother it. Use these tips to build confident young athletes who feel good about themselves:

BUILDING SELF-ESTEEM

- Always greet children when they arrive at practices or games. A friendly smile and genuine enthusiasm for seeing them makes them feel welcomed and special.
- Value the child, not the performance. Children must know that they are accepted and valued regardless of their athletic ability or performance.
- Emphasize to children that they should always strive to do their best – and regardless of the outcome they can walk away feeling proud that they gave everything they had that day.
- Your facial expressions and body language speak volumes – and kids see it. So always make sure you are exuding a positive image when interacting with your players.
- Be a good listener. Kids need to know that you care about what they have to say.
- Take a real interest in your players' lives. Talk to them about their favorite class in school, their family pets, or their favorites athletes.



Building connections is a huge part of coaching.

- Encourage players to think positively and to use feel-good statements such as “I like myself,” “I’m a good person” and “I’m a good teammate.” These help reinforce that positive self-image we want kids to carry with them.

- Don’t put kids down for making mistakes – build them up with positive words of encouragement. Rather than yelling at them for making a mistake share with them some helpful coaching advice to perform the skill better the next time.

INSTILLING CONFIDENCE

- Help players remember successful experiences from their past – recalling positive efforts and performances establishes a good frame of mind to duplicate those in the future.
- Use drills during practices that are challenging, but provide opportunities for children to see development and improvement, which fuels confidence. Drills that are too easy are boring; and those that are unreasonably hard for their current skill level are unproductive and crush confidence.
- Children can’t control the outcomes of games, but they do control how much effort they put forth. Focus on that aspect – it frees kids to be able to perform to their best ability.
- Don’t overwhelm kids with complex instructions. Start small, teach in progressive steps and enable kids to learn skills that instills confidence to continue working hard to build on those skills throughout the season.

Teaching and instilling SPORTSMANSHIP

You want your entire team, parents included, to be models of good sportsmanship at all times – and it all starts with you. Use these tips to teach good sportsmanship to your team:

- Recognize and applaud ethical behavior and good sportsmanship every time you see it. Following games point out displays of good sportsmanship by your players to help continually reinforce its importance.
- During practices discuss examples of good and bad sportsmanship that you and your players have seen in college and professional games on television. Ask players what they liked, or didn't like, about an athlete's behavior.

- Your players are watching every move you make so be a model of good sportsmanship at all times.
- Stress fair play, civility and common decency toward opponents and officials.
- Hold parent meetings to reinforce the importance of players having fun, displaying good sportsmanship and cooperating with others.



- Teach athletes that they are responsible for their own behavior.
- Never allow yourself, or anyone else, to discriminate against or make fun of athletes based on their race, gender, body type, ability, disability, nationality, religion, accent, appearance or economic level.
- Always show respect toward officials, no matter what the call or game situation. Remember, players take their cues from you and will behave as you do.
- Teach your team the importance of being gracious in both victory and defeat.



Teach athletes that they are responsible for their own behavior.

Organizing **QUALITY** practices



As a NAYS Coach you have a responsibility of making sure that all of your players benefit from their time with you during your practices. Use these tips to help ensure that your sessions are fun, engaging and productive:

- Ask yourself this: Would I want to participate in this practice?
- Bring enthusiasm and energy all the time. When players know that you are genuinely excited about working with them they'll respond in a positive manner.
- Keep players moving. Long lines and standing around is not only boring but unproductive.
- Limit practice sessions to no more than one hour a day and three days a week through the age of 12 and not more than 1½ hours and four days a week through the age of 16.
- Take the time to plan every practice in advance. Never waste valuable practice time figuring out your next moves while players are standing around waiting on you.
- Have several drills ready to go as back-ups in case any of the drills

- you have planned don't work out as well as you had hoped. This way you can change a drill quickly without wasting time.
- Inform your assistants of their duties before the practice is scheduled to begin. Taking time to teach them a drill or explain what you want them to do during a practice takes time away from the players and creates the perception that the assistants are really not part of the coaching staff.
- Begin practice with the arrival of the first player. This often means that you will be working one-on-one with that youngster, but you will be surprised how many players will begin arriving early to receive your one-on-one attention.
- Use the same sequence for your warm-up at every practice. This helps the team organize

themselves for the warm-up exercises and the late arrivals will know exactly what they missed and more easily pick up where you are in the sequence.

- The purpose of warm-up is to prepare the body for more intense activity so choose warm-up drills that reflect the sport and the skills required.
- Provide as many repetitions of the basic skills as possible and make up games using those skills. Relays and other low-key competitions work well for skill development while keeping it fun and interesting.
- Minimize lecture and listening time. It's not about what you know – it's about what your players are doing. Players progress quicker through activity rather than listening.
- Stop the activity at the peak of the excitement. Ending on a high note will have players looking forward to performing the activity again at a future practice.
- Use lots of positive reinforcement. When athletes don't see improvement immediately, they often become frustrated. If you show a negative reaction they will sense you are disappointed as well, adding to their feelings of failure. Always find something positive and encouraging to say to spur their development.
- Be patient, encouraging and maintain a sense of humor. If you laugh at yourself, it frees kids up to not take everything so seriously. Remember, it is a game!

Connecting with young athletes

Every time you get together with your team represents an incredible opportunity to impact a young life. Keep these tips in mind to help make it happen:

Exude Enthusiasm: If you have a true passion for the sport and teaching it to children don't be afraid to let it show through. By exhibiting genuine excitement and enthusiasm for teaching and making practice fun your team will respond accordingly.

Promote positivity: It's easy to fall into the trap of raising your voice to point out when a player did something incorrectly. Instead, make a big deal out of when somebody does something really well. Guess what happens if you stop a drill in the middle of practice to applaud a player or the entire team? The kids receive a huge confidence boost and they will respond with even more focus and energy to hear that praise again.

Encourage effort: Praising and applauding players for doing their best – while helping them learn and work through mistakes – fuels kids to continue working hard. Your players will grow, develop and embrace the process when they know that making mistakes is part of the journey and that doing their best daily will lead to progress.

Being a good sport: Talk about the importance of being a good sport every chance you get. Share examples from games your players watched on television to generate discussion before or after practice, for example. The more it's reinforced, and modeled by you, the greater chance of developing

young players who embrace what it means to be a good sport.

Practice Planning: Always plan your practices in advance, with how much time you want to allot to each drill. This keeps the session moving and the players engaged at all times. Also, have a few back-up drills handy just in case one of your planned drills fails. This way you don't waste time scrambling to come up with something, or force the children to endure a miserable drill because you don't have a replacement handy.

Mix up the rules: Making minor adjustments can rev up the excitement in a drill and grab your players' interest. For example, in basketball during a scrimmage award three points for plays in close to the basket and one point for shots made beyond the three-point line. Or in a volleyball scrimmage require every player to touch the ball before it can be sent over to the other side of the net. You can add a unique twist to any drill that not only adds excitement for the kids but also works on a specific area of the game.

No loitering: Standing around is boring for kids. The most productive practices are those that are action-packed and keep them moving at all times. Sure, there may be an

occasional drill that requires kids to wait their turn, but if that's the case make that line an agility course to work on footwork. This way, the kids are still moving and they're gaining practice in an important area that impacts performance.

Relaying information: All kids receive information differently, and respond differently as well. As a youth coach you can't use a blanket approach. You've got to evaluate what works, and what doesn't, when it comes to each child – and be ready to try a different approach whenever necessary. Remember, you have a responsibility to meet the needs of every child on your team.

Be specific: Delivering praise such as "way to go" is good, but more specific praise like "that was perfect how you extended your arm and followed through to the target," is so much more powerful and will resonate more with your players.

Acknowledge everyone: Make sure every player goes home after practice hearing at least one positive comment from you, whether it is performance or effort related, or even recognizes a display of good sportsmanship. On your clipboard simply put an 'X' next to each player's name when you have directed a positive comment their way, as this is a simple way to ensure that every player has something positive to latch onto heading into the next game or practice.



TAKE **ADVANTAGE** OF THESE INCREDIBLE BENEFITS!

YOUR NAYS MEMBER PAGE

As a NAYS Coach you have access to all of these **EXCLUSIVE** benefits:

COACH RATING TOOL: Want to know what kind of impact your coaching is really having on your players? This easy-to-use tool enables you to get honest feedback from your players' parents on 15 key coaching areas. Their responses are anonymous – you'll get an overall rating in each category – so you can learn which areas you're having a positive impact and if you receive low scores in any area you can make adjustments.

COACHING FORUM: Are you new to coaching kids and need some advice? Are you a coaching veteran with experience and insight that could benefit others? The Coaching Forum is a great place to ask for help or share tips with thousands of volunteer coaches.

FREE ONLINE TRAININGS:

Be sure to take advantage of these incredible online trainings – all FREE to NAYS coaches:

- Concussion Training
- Protecting Against Abuse
- Coaching Children with Mental Health Challenges
- Bullying Prevention Training
- And more trainings coming soon!

SKILLS AND DRILLS:

Need a new drill for an upcoming practice? Looking for ways to teach a particular skill? Then head to the Skills and Drills section for animated and printable drills you can use. We've compiled some of the best drills from our Coaching for Dummies books and clips from our various trainings to provide you with access to a vast resource of coaching materials.



Like us on **FACEBOOK** and follow us on Twitter today! We're sharing valuable information on all aspects of coaching youth sports every single day – information you can use to impact young lives, enjoy rewarding seasons and be that coach that kids love playing for.



Visit **SportingLiveKid** today!

Bookmark **NAYS.org/sklive now!** This is your go-to source for the latest news, research, trends and the very best coaching tips you'll find anywhere. As the nation's leading youth sports advocate since 1981 we connect with the top coaches at the professional and collegiate ranks to get their insights and expertise on how to impact young players that we pass along to YOU to help you be a difference maker with your players.

Your games and practices are action-packed – and there is a lot to learn as a coach – so to keep pace content changes daily on the site. Plus, you can utilize the search tool to find past articles on virtually any youth sports topic. Building confidence, dealing with disappointing performances, teaching character, motivating kids, designing quality practices, understanding proper nutrition and hydration, how to connect with kids – you name it, we've got you covered!

A screenshot of the SportingLiveKid website. The top navigation bar includes links for 'THE LATEST', 'FEATURES', 'FOR COACHES', 'FOR PARENTS', 'SURE SHOTS', 'ASK THE EXPERTS', and 'NAYS.ORG'. The main content area features a large article preview with a photo of David Pollack and the text: 'ESPN's DAVID POLLACK tackles coaching kids, childhood obesity, and more with SportingLiveKid'. Below the article preview are social media sharing icons for Facebook, Twitter, Email, and a plus sign for more options. The article title is 'A message that matters', dated 1/4/2017, by Greg Bach. The article text begins: 'David Pollack – a three-time All-American at the University of Georgia, former NFL first round draft pick and volunteer youth coach – has a fantastic message for parents and coaches of young athletes. "I have three things that I tell my kids," says Pollack, a father of two and analyst on ESPN's enormously popular College GameDay. "Did you have fun? Did you try your hardest? And I love you."'



First aid and identifying injuries

NAYS coaches know that injuries are a part of sports and that they will occur during the course of the season. They also know that being prepared to handle these injuries – whether it’s a strained muscle, broken bone or something even more serious – falls squarely on their shoulders. Keep these points in mind when dealing with injuries to your players to help ensure their well-being:



IDENTIFYING THE SEVERITY OF AN INJURY...

When you’re approaching an injured child, look at their lip color, feel the chest or put your cheek next to their nose to see if they are breathing. If they are not breathing and there is no palpable pulse in their neck or wrist, you must immediately initiate Cardiopulmonary Resuscitation (CPR) and have someone call for immediate medical assistance. This is why it is strongly recommended that anyone working with children in sports is CPR certified. If the injury sustained is to the head or neck, the athlete must be calmed and remain in the position found while emergency medical assistance is responding.

REMEMBER P-R-I-C-E FOR COMMON INJURIES

P - PROTECTION. The injured area must be wrapped, splinted and protected.

R - REST. The injured area must be immobilized and rested.

I - ICE. The use of ice has two basic purposes. The cooling effect is anesthetic and provides some relief from discomfort. It also constricts the blood vessels and reduces swelling to the injured area. Ice should be applied for 20 to 30 minutes and then removed for 1-2 hours before it is reapplied.

C - COMPRESSION. Compression should be applied to the area that’s

injured to minimize the swelling and to provide comfort along with rest and immobilization.

E - ELEVATION. The injured area should be elevated higher than the heart level to minimize the addition of swelling to that area.

USE C-O-A-C-H WHEN DEALING WITH A SERIOUS INJURY

Coaches must be prepared for ANY type of injury, including when a child goes down and may have lost consciousness. The acronym COACH is a handy reminder of how to respond:

C - are they CONSCIOUS?

O - are they OXYGENATING (breathing)? If the answer is yes to these two questions, move on

A - ASK where does it hurt?

C - CONTROL the area that is painful

H - Do they need a HOSPITAL?

Make the decision if you need to call for immediate medical assistance and have the child taken to a hospital.

INJURY TERMS

First degree injury: stretching in a ligament or muscle tightness; able to move muscle with some discomfort; minimal swelling

Second degree injury: more extensive tearing of fibers; pressure or weight increases pain; sudden twinges during movement; may notice swelling

Third degree injury: over 90 percent rupture of a muscle, tendon or ligament; movement severely affected; noticeable swelling; usually bruising

KNOW THESE SYMPTOMS – AND HOW TO RESPOND



Heat cramps – sudden, painful muscle contractions often caused by loss of body fluids and mineral depletion through sweating, or as the result of an acute blow
What to do: gently stretch and massage the affected muscle area and have the athlete drink lots of fluids.

Heat exhaustion – weakness, dizziness, profuse sweating or rapid pulse
What to do: call for emergency medical assistance, have the youngster rest in the shade with their legs elevated and replenish fluids.

Heat stroke – high body temperature, red hot but dry skin; also a rapid pulse, difficulty in breathing, convulsions, collapsing.
What to do: this is a medical

emergency and can be fatal; immediately call for medical assistance; place the youngster in the shade and cool the body by removing layers of clothing; while waiting for help to arrive massage the lower body with ice.

Strains/sprains – localized pain, limited range of motion, swelling, and possible skin discoloration.
What to do: carefully compress ice to the injured area and elevate it above the level of the heart to help reduce swelling and provide an anesthetic effect.

Dislocation/fractures – pain, deformity and loss of function.
What to do: call for emergency medical assistance to transport the athlete. Do not move the athlete.

STOCKING YOUR FIRST AID KIT

It's important for a coach to have a properly stocked first aid kit. Here's what should be in yours:

- ▶ **Small bottle of water and soap** - to clean the cut or abrasion.
- ▶ **Band Aids/gauze pads** - to assist in stopping any bleeding, to clean the area and to protect the area.
- ▶ **Bandages** - used to hold ice in place over the injured area and to provide compression to aid in reducing swelling.
- ▶ **Flexible splint** - used to help control injured areas like a finger or wrist.
- ▶ **Athletic tape** - used to hold a flexible splint or ace bandages in place
- ▶ **Sling** - immobilizes injuries to the shoulder and arm
- ▶ **CPR mouth protector**
- ▶ **Small bottle of water and an eye cup** - to safely and effectively remove debris from a child's eye
- ▶ **Ice or cold packs** - used to reduce swelling and pain. You can also freeze water in small paper cups and then tear off the top of the cup when needed to massage the injured area.



OTHER HELPFUL ITEMS: Cell Phone • Scissors • Tweezers • Nail clippers • Pen flashlight



SUN PROTECTION

Exposure to the sun is an often overlooked health risk when it comes to youth sports. The Skin Cancer Foundation (www.skincancer.org) points out that our skin is an excellent record keeper. Every moment we spend in the sun adds up, accumulating like money in the bank. Unfortunately, the payoff is often skin damage and skin cancer. One in six people will develop skin cancer at some point during their life and at least 90 percent of these are the result of long-term exposure to ultraviolet radiation from the sun. The best defense to protect yourself and your athletes when outdoors is to use a sunscreen with an SPF of at least 30.

Conditioning young athletes

Maintaining and improving your players' strength, conditioning and flexibility is essential not only for preventing injuries but also for giving them a solid foundation for performing skills to the best of their ability. Keep these tips in mind:

Strength:

- During your practices you can help players build strength using basic exercises that involve their own body weight, such as push-ups, planks and squats.
- If children express an interest in using weights to build strength have their parents speak with a physician or qualified trainer first to evaluate if they are at an appropriate age where weights can be used safely.

Conditioning:

- Aerobic fitness refers to the level at which youngsters can take in and use oxygen. The stronger a youngster's heart and lungs are,

the longer he/she can perform without tiring; anaerobic fitness pertains to how long a youngster can perform at high intensity, such as darting back and forth on the volleyball court during a long point, for example.

- Make conditioning part of your overall practice, not a special segment all on its own. If you're running an action-packed practice where there is no time for standing around and players are working hard in each drill they will be reaping conditioning benefits as well. If you resort to having players run boring laps at the end of practice to condition them your session will suffer because kids

know what's coming so they will begin conserving energy in the drills, which compromises the purpose of the drill.

- Team relay races are great ways to help condition players, while adding a huge element of fun to the process.

Flexibility:

- Before you get going with stretches or drills at practice be sure to devote a few minutes to warming up the kids' bodies – especially at the advanced levels of play where kids are at more risk of suffering injuries such as pulled muscles. The younger your players the less elaborate your warm-ups need to be.
- At the beginning levels have kids perform a few jumping jacks to loosen their bodies up. Plus, this helps establish a foundation for the importance of warming up properly as they progress during their athletic careers.
- Cover the major muscles: Have the stretches cover all the major muscles groups.
- Dynamic stretches such as the running carioca, high knees, running butt taps, straight leg kicks and lunges are great for warm-ups.
- The cool down following practice helps reduce muscles soreness and aids circulation. Use gentle stretches – such as the hamstring stretch, arm stretch and hip flexor stretch. Stress the importance of players using controlled movements rather than bouncing or straining.



Legal Liability Game Plan

We live in a litigious society, so you want to take every step possible to protect yourself. The following are some tips to help provide a layer of protection:

KEEP A LOG – Record keeping is a valuable tool to help protect yourself while performing your coaching duties. Log your daily practice routines, what you did when an injury occurred, when you checked the facilities and equipment, names and dates when you reported a safety hazard, etc.

This information should be inclusive enough to remind you of what took place in the past in the event that a liability situation arises after the fact and you need to refer to your records.



OBTAIN PARENTAL CONSENT FORMS – It's important that these forms are signed because it shows the parent consented to the child participating in the sport. The form should state that injuries are a part of the game and that you are not responsible for these occurring. It's also advantageous to have a statement signed by a physician that they are of the opinion that the athlete is fit to participate in the sport. The form should also contain a statement of all the vital health-related information of the athlete, including allergies.

OBTAIN EMERGENCY MEDICAL TREATMENT CONSENT FORM – This allows the coach to obtain emergency medical treatment when necessary when the parents are unavailable.

INSPECT FACILITIES PRIOR TO EACH USE – Report facility hazards in writing and keep records of your communication with those in charge.

INSPECT EQUIPMENT – Throughout the season check all of your equipment for defects and if you find any discard the piece and have it replaced.

PROPERLY FIT EQUIPMENT – Know how to properly fit equipment pertaining to your sport.

USE SAFETY EQUIPMENT – Even if the league doesn't require it encourage kids to wear available safety equipment as these provide another layer of protection in the prevention of injuries.

TRAIN ASSISTANT COACHES – You want assistant coaches that

follow your lead and abide by your coaching philosophy. Otherwise, you could increase your personal exposure to liability if they are using dangerous or improper techniques.

PROVIDE ADEQUATE SUPERVISION – Be sure to have enough adult supervision to assist you during all activities that are going on at the same time. When delegating supervisory responsibilities, make sure that they only teach proper techniques and never violate a safety rule. Never leave the children unattended before, during or after practices or games.

TRANSPORTATION – Coaches transporting players in their own vehicle can be personally liable for passenger injuries and should carry a personal auto policy with liability limits of at least \$500,000.

INFORM PARENTS – When a child is injured make it your responsibility to fully inform the parents what happened and the actions you took; and make a note of your conversation in your log.

INJURY PLAN – Plan for an injury so if one does take place someone has already been designated to call for emergency help.

Think S.A.F.E.T.Y. first

As a youth coach the health and safety of your players must be a top concern. Always keep this in mind:

Surface inspection. Check the playing area prior to games and practices for debris, holes, slippery spots, or anything else that could harm a child.

Adequate supervision and properly fitting equipment.

First aid care. Know how to handle injuries properly.

Emergency plan. All coaches must know their responsibilities.

Teach proper skill techniques.

You, as the coach, are responsible for the safety and well-being of all your players.

Code of Ethics and Expected Behaviors

The NAYS Coaches' Code of Ethics is the foundation of the NAYS Membership. It is important for you, as a coach, to understand each of the expected behaviors in the Code before signing off on them on the following page.

NAYS Member Organizations hold their coaches to a higher standard and have evaluation systems in place to ensure that members adhere to each of these examples of a model coach. If you do not uphold this Code of Ethics you will be held accountable in accordance with the NAYS Coach Accountability and Enforcement Policy.

I will place the emotional and physical well-being of my players ahead of a personal desire to win.

► Expected Behavior:

- Using appropriate language in appropriate tones when interacting with players, league officials, game officials, parents and spectators.
- Treating all players, league officials, game officials, parents and spectators with dignity and respect.
- Playing all players, regardless of skill level or experience, according to the equal participation rules established by the league and abiding by the spirit of those rules, regardless of the score or game situation.

I will do my best to organize practices that are fun and challenging for all my players.

► Expected Behavior:

- Establishing practice plans that are interesting, varied, productive, safe and aimed at improving all players' skills and individual abilities.
- Devoting appropriate time to the individual improvement of each player.
- Conducting practices of reasonable length and intensity that are appropriate for the age and conditioning of the players.



I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

► Expected Behavior:

- Recognizing the differences of each child and treating each player as an individual while demonstrating concern for their individual needs and well being.
- Encouraging all players, regardless of skill level, to be included as a member of the team and to remain involved in sports.
- Recognizing that some physical tasks, drills and demands are not appropriate for all youth, regardless if they are close in age.
- Recognizing that youth may vary greatly in physical, social and emotional maturation and considering these factors when setting up competitions and when interacting with them as a group.

I will use coaching techniques that are appropriate for each of the skills that I teach.

► Expected Behavior:

- Teaching techniques that do not enhance a risk of injury to players and opponents.
- Discouraging illegal contact or intentional dangerous play and administering swift and equitable discipline to players involved in such activity.

I will remember that I am a youth sports coach, and that the game is for children and not adults.

► Expected Behavior:

- Maintaining a positive, helpful and supportive attitude.
- Exercising your authority and influence as a coach to control the behavior of the fans and spectators.
- Accepting and adhering to all league rules and policies related to the participation of adults and youth.
- Placing the emphasis on fun and participation while encouraging children to do their best.

I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.

► Expected Behavior:

- Becoming knowledgeable, understanding and supportive of all applicable game rules, league rules, regulations and policies.
- Teaching and requiring compliance of these rules among players.

NAYS Advanced Coaches: Take your coaching skills to the next level

If you're coaching travel sports, elite level athletes, or simply want to expand your coaching knowledge, then the NAYS Select coach program is for you!

This online training covers a variety of topics, including skills and tactics, teaching and communication, and more.

Plus, the online format enables coaches to complete this advanced level material at their own pace.

For more information visit nays.org/coaches

Code of Ethics and Expected Behaviors

I will promise to review and practice the basic first aid principles needed to treat injuries of my players.

► Expected Behavior:

- Keeping basic first aid supplies available in all practice and game situations.
- Recognizing and administering proper basic first aid to an injured player and not returning players to activity if they are compromised by injury.
- Demonstrating concern for an injured player, recognizing emergencies and notifying parents and medical authorities immediately for severely injured athletes.

I will do my best to provide a safe playing situation for my players.

► Expected Behavior:

- Maintaining a high level of awareness of potentially unsafe conditions including, but not limited to, dangerous weather, inadequate field maintenance and faulty equipment.
- Protecting players from sexual molestation, assault, physical or emotional abuse and understanding appropriate means to report such instances when suspected.
- Seeing that all players are provided with adequate adult supervision while under the coach's care.

I will lead by example in demonstrating fair play and sportsmanship to all my players.

► Expected Behavior:

- Adopting the position, teaching and demonstrating that it is our basic moral code to treat others as we would like to be treated.
- Exhibiting gracious acceptance of victory or defeat.
- Abiding by and supporting the rules of the game and league, as well as the spirit of the rules.
- Using the influential position of youth coach as an opportunity to demonstrate, promote, teach and expect sportsmanship and fair play.

I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports related events.

► Expected Behavior:

- Being alcohol and drug free at all team activities or in the presence of players.
- Refraining from the use of any type of tobacco products at all team activities or in the presence of your players.
- Refraining from providing any type of alcohol, drug or tobacco products to any of your players.
- Encouraging parents to refrain from the public use of tobacco.

Need a temporary membership card?

Temporary membership cards are available on your NAYS Member Page. You will gain access to your member page once you have created a login. Membership cards are mailed within 7-10 business days after your membership information has been processed by NAYS Headquarters.

COACHES CODE OF ETHICS

I hereby pledge to live up to my training as a National Alliance for Youth Sports Member Coach by following the NAYS Coaches' Code of Ethics.

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice the basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach and that the game is for children and not adults.

I hereby pledge to adhere to the NAYS Coaches Code of Ethics and fully understand if I do not uphold them I will be held accountable for my behavior, leading up to revocation of membership, as outlined in the Accountability and Enforcement Policies enforced by the local member organization of the National Alliance for Youth Sports.

Coach Signature

Date

These questions are meant as a review to help you understand the important information presented during the training video, as well as all the benefits of your NAYS membership. Your NAYS representative has the answer key to review these questions with you.

Name: _____ Sport: _____ Date: _____

1. Which of the following should be a goal of a volunteer coach?

- a) Helping every child on the team learn and improve
- b) Teaching all players how to handle success and failure
- c) Making sure every child has fun
- d) All of the above

2. Which of the following is the best reason for volunteering to coach?

- a) To showcase my child in the hopes of furthering their playing opportunities
- b) To be a positive role model for all the players on my team
- c) To make sure my child gets the playing time that they deserve
- d) Because I was good at the sport I am coaching

3. When coaching kids, it is important to stress which of the following?

- a) Focusing on the process of learning and developing skills
- b) Instilling a win-at-all-costs attitude in my players
- c) Motivating players through fear and intimidation
- d) Both B and C

4. When conducting practices, it is important that coaches are:

- a) Prepared
- b) Passionate
- c) Positive
- d) All of the above

5. Which of the following should NOT be a part of any practice?

- a) Long lines and lots of standing around
- b) Complimenting players
- c) Teaching teamwork
- d) Providing feedback

6. It is important to do which of the following when speaking to your players during games?

- a) Choose words carefully
- b) Be aware of tone of voice and body language
- c) Speak loud enough so all the parents can hear
- d) Both A and B

7. During games coaches should always make sure to emphasize which of the following to their players?

- a) Good sportsmanship
- b) Respecting officials
- c) Doing your best
- d) All of the above

8. A proper cool down after practice:

- a) Involves high intensity activity, like sprinting
- b) Helps recovery for the next day
- c) Involves light jogging and stretching
- d) Both B and C

9. If a child suffers a bloody nose what should a coach do?

- a) Remove him/her from the practice or game
- b) Apply ice
- c) Notify the child's parents
- d) All of the above

10. Which of the following is a good pre-game snack for a young athlete?

- a) Piece of fruit
- b) Cheeseburger
- c) Cupcake
- d) All of the above

11. What are the signs that an athlete may be dehydrated?

- a) Dizzy
- b) Headache
- c) Dry mouth and thirsty
- d) All of the above

12. At the conclusion of games what should coaches and their teams do?

- a) Review every mistake that was made during the game
- b) Shake hands with opposing players and coaches
- c) Talk to the officials about the calls that didn't go their team's way
- d) None of the above

13. Which free trainings do NAYS coaches have access to through their Member Page?

- a) Bullying Prevention
- b) Coaching Children with Mental Health Challenges
- c) Protecting Against Abuse
- d) All of the above


14. What is the function of the online Coach Rating System that is included with your membership?


- a) To get honest and anonymous feedback from parents
- b) To pinpoint areas where I may need improvement as a coach
- c) To allow the league to see how I am doing in the eyes of the parents of the children I am coaching
- d) All of the above



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At Nationwide®, our number one goal is being there for our members. That's why we have your back when it comes to protecting what's most important, like:

 The car you drive your athletes in to every practice

 The RV you use for that weekend tournament

Join us as we team up with National Alliance for Youth Sports to promote youth safety, especially the importance of concussion awareness and teen driving.

To learn more about a special discount for National Alliance for Youth Sports members and to get information about youth safety, visit nationwide.com/NAYS or call 1-888-231-3614.

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