10 Keys To Successful Coaching

1. **Energy level**
    a) On a 1-10 scale you need to be at an 11. Specifically at mini hawk camps, we need to be excited and goofy with the kids. Kids that age want structure and for the most part are willing to listen to you; however, you need to present with enthusiasm and energy.
    b) Your enthusiasm will keep them engaged. If they are engaged they are less likely to be disruptive and unsafe. This is when the magic happens and kids learn and grasp the skills you are teaching them.
    c) **Have the kids get vocal**. Have them yell as a group. When you are breaking down the steps of a skill have them yell out the counts. And don't accept the first try. Have them get louder.
    d) Always have a smile on your face
    e) **Be loud** and constantly encourage the kids (never stop with high fives). This takes place *during* drills and games as well. At the end of the week if you feel like you don't have a voice left, you are there.
    f) Great coaches are tired by the end of the day - you should constantly be moving and talking.

2. **Use count downs**. 5..4..3..2..1. Use these all the time: when kids get their balls, when you need them in a line, when you need their attention. Use attention grabbers to make sure they are listening.

3. **Show don't tell (demonstrate)**. If you need them on a line don't ask or point to the line, RUN up and DOWN the line. If you need them to get their balls join them and get yours with them. Before you run a new drill, have a kid help demonstrate before you run at full speed.

4. **Use common sense.** Never text or make phone calls. Make sure the sun is behind the kids when you talk to them. Use appropriate language. Always be on time.

5. **Teaching:** The kids are there to have fun while learning. We need to always be teaching in everything we do and this cannot stop until the day is done**.** **Whole-Part-Whole** – we need to break it down for the kids.
    a) **Use Teaching Cues** that get down to their level. Ex. Basketball shooting: hold the pizza pie, reach into the cookie jar. And while you're at it ask what their favorite pizza or cookie is!
    b) **Use magic words**! Have the kids create magic words that stand for GO, STOP, FREEZE, etc.
    c) **Go Slow** – speak slowly. Make sure they understand. Talk in terms they will understand.
    d) **Focus on the Positive actions and ignore the negative.** By rewarding positive behavior and ignoring the negative you will bring the trouble kids over to your side.
    e) **Get the most out of your games/drills.** If they aren't getting it, stop the game, bring them in, introduce a new technique, and get them back into the game. This should be fast paced. Ex. A game of soccer knockout: first skill is dribbling with eyes up (RUN around and hold up different numbers that they have to yell out while playing the game). Bring them in, introduce the skill of shielding with body between the ball & defender, get them back in the game, (RUN around & test their shields). Once they get it, bring them in & introduce pivoting while stepping on the ball. Continue until you have nearly exhausted the drill. Stop before they want to.
    f) **Sell the drill/skill/game –** Make the kids want to play!

6. **Be Safe**: Constantly count your kids. Constantly be thinking about safety concerns on the field/court. Take care of your equipment. Watch for strangers. Take breaks as a group. Watch for dehydration/injuries.

7. **No Lines**: That's when acting out/boredom occurs. Keep your kids out of lines during drills/games.

8. **Learn Names**: Nothing makes a kid feel better than when you remember their name. Nothing impresses a parent more.

9. **Be organized**: Directors need to have the kids divided into groups prior to the start of camp. Coaches need to bring a daily schedule each day. Breaks taken as a group, snack time in the shade and away from the gate, camper gear is placed in separate areas by group, balls in ball jails, etc. Transition the kids between every station, game and break.

10. **Have Fun.** It's contagious. You'll never have a better job. Enjoy it.