



# RESPECT Program

## Information for Coaches

**Fundamental Aim:** *To encourage the concept of Honouring the game by showing Respect to:*

- *The match officials, without whom the game would be much less enjoyable*
- *The opposition, without whom there would be no game*
- *The rules, which keep the game fair and safe*
- *Yourself, set yourself standards and stick to them no matter what anyone else does*

As coaches, you determine the kind of experience our athletes have with sports. We want you to be the coach who teaches our athletes how to play the game, striving to win while pursuing the more important goal of teaching life lessons through sports.

### Coach Job Description includes:

#### Model and teach your players to Honour the Game.

- Teach respect for Rules, Opponents, Officials, Teammates, and one's Self.
- Read information on Dual Goal Coaching
- Hold a parent meeting (with your manager) and distribute the RESPECT Parent/Guardian Letter to help convey our aims and what we want to achieve to players and parents
- Consider appointing a parent to be the "Good Sport Advocate" for the team.
- Be the role model. Don't criticise match officials, other players or your own players in public. Accept referee decisions and encourage players to get on with the game. Step in and stop others doing it!
- Seize teachable moments when they occur to talk with players about RESPECT.

#### Help players pursue mastery of their sport, not just scoreboard wins.

- Teach players that becoming a good player requires effort, learning, and bouncing back from mistakes
- Reward effort, not just good outcomes. Recognize players even for "unsuccessful" effort.
- Encourage players to set "Effort Goals" tied to how hard they try.

#### Fill your players' "Emotional Tanks"

- Players give their best when they are in a positive frame of mind
- Use encouragement and positive reinforcement as your primary method of motivating.
- Achieve the "Magic Ratio" of five positive reinforcements to each criticism or correction.
- Try and teach players to fill each other's Emotional Tanks.
- Learn to give "Kid-Friendly Criticism," such as criticizing in private, asking permission, and avoiding criticism in non-teachable moments.

#### Have conversations with your players at every practice and game.

- Ask questions and encourage players to speak and contribute during team meetings.

Your adoption of these philosophies and actions will contribute to a positive, character-building youth sports experience for all the children our organization serves. Thank you for all your time and effort!