

## **Coaching Expectations**

1. Return emails, phone calls and text messages within 24 hours
2. Attend all coaches' meetings and coaches' clinics
3. After teams are formed, contact your team to introduce yourself and your assistant coaches if applicable, identify a team manager, and give players/parents your contact information.
4. Hold pre-season parent-coach meeting before the season (separate to kick off meeting) to outline what they can expect from you and what you will expect from them, plans for the team, tournament schedule, give them a copy of the "Parent Expectations" and etc.
5. Communicate with parents, give good guidelines for expectations of player development, and be firm with parents who display inappropriate behavior at team matches. Coaches should be respectful of parents; keeping in close contact in order to help scheduling games and practices possible.
6. Plan and supervise training sessions that are well-organized, fun, safe, instructive and disciplined while teaching skills and fair tactics.
7. Understand that there are players at different levels. At all times treat the players equally and work hard to develop the players to the best of their abilities that are not at the same level. Coaches should be positive with the players, encouraging them to be the best that they can be at their skill level.
8. Set high standards, be a motivator and challenge players, but be patient.
9. Arrive early to all trainings and be prepared. Have your training set up and pre-planned prior to players arriving.
10. If you are running late to a training session or match, please notify your team manager immediately. Instruct your team manager to have a player start the team warm-up. For younger ages, please instruct a parent to start the warm-up if another coach is not in the area.
11. Be sure all players have been picked up by a parent after a training or match. No player should be left alone at a training field or match without adult supervision.
12. If cancelling a training session, notify your players/parents immediately.
13. Ensure that players wear their uniforms and training gear in a proper and complete fashion.

## Coaches Code of Conduct

**In order to coach for AYSA, coaches must be prepared to adhere to the following:**

1. Be aware that you are likely to have a significant influence on not only the athletic development of the player but also their personal development. This power needs to be respected.
2. Set an example of high ethical and moral standards for the players to aspire to.
3. Understand and apply the components of good sportsmanship and ethics appropriate to the sport. Teach players how to win and lose gracefully, be humble, generous, and gracious in victory; courteous and dignified in defeat.
4. Avoid the use of alcohol and tobacco products when in contact with players.
5. Under no circumstances use language or behaviors that might be construed as being sexually suggestive or provocative or of a sexual nature.
6. Refrain from using profanity and not allow profanity to be used by players or parents.
7. When away from the team, avoid behaviors which compromise the reputation or public perception of the Club or sport. Coaches should be an excellent representation of our community.
8. Take serious account of the fact that you are a youth coach and use techniques, language and behaviors that are appropriate to the age group.
9. Know and apply the rules and policies related to the safety and welfare of athletes during all practices and matches.
10. Recognize the physical limitations of the players related to the age and skill level being coached and adjust expectations accordingly.
11. Assess player success primarily in terms of learning skills, enhancing an understanding of the game and the desire to compete at a high level.
12. Develop positive social behaviors in players by commending acts of sportsmanship, encouraging respect for teammates and opponents and applauding effort and improvement.
13. Avoid conduct that will inappropriately incite players or spectators against the officials or opposing players.
14. Put the well-being of the players above any personal desire to win
15. Do not look to seek an advantage by anything that goes against the spirit of the game
16. Be respectful and positive when dealing with others, especially in stressful situations.

## Coaching Behaviors

1. Always show respect to all the parents and players.
2. Coaches should be respectful of the officials; by doing so would encouraging their players and the parents of those players to be respectful of the officials (as they will be young and potentially inexperienced wherever you travel)
3. Provide the opportunity for players to develop skills at multiple positions. Provide all players with the opportunity to start in a game.
4. Try to not yell at the players, even when you are frustrated. Often times it is us as coaches that need to accommodate for the players. (make space smaller/bigger, add/take away a player)
5. Keep running to a minimum at practice, we want the players to have the maximum amount of time on the ball at practice. Fitness can and should be achieved through Small Sided Games.
6. When speaking to parents always remain calm and cool and choose your words wisely. We want to avoid any confrontations between parents and coaches. Remind the parents about the 24 hour rule. It is always a good idea to set up an appointment for a parent meeting so that you can prepare yourself mentally.
7. If you are confronted by a parent after a game, listen to the parent's complaint without interrupting, acknowledge what they said, then politely tell them that you would like to continue the conversation at another time 24 hours after the game. This will give you both enough time to cool down and reflect on the game.