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“Coaching for Fun”

As a coach, you can be one of the most influential people in your players' lives. By becoming a role model for your athletes, you can create an atmosphere of positivity and fun for your entire team. By encouraging your athletes to enjoy the game, they will be more likely to get something positive out of the experience.

In this presentation we will provide ways in which you can foster a positive atmosphere around your team. It will also provide tips on how to handle failure and keep perspective as a coach.



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“Creating a positive & fun enviroment”

Athletes can achieve more when they are having fun. Here are some ways you can create a positive and fun environment to make sure your team is enjoying the game.

- Praising your players when they do skills well.
- Allowing your players to be loose and enjoy themselves, as long as they are still on task.
- Never asking your players to do something you would not do, such as excessive punishment runs.
- Encouraging your players to discuss the game with you.
- Mixing in fun competition-driven games and drills within a practice.



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“Teaching & modelling behaviour”

- As a coach, you teach your players a variety of skills through verbal and nonverbal communication.
- In order for players to grasp concepts such as sportsmanship, work ethic, and respect, they must first see you portraying those attributes.
- As you are teaching your athletes life skills, aspire to portray those skills in your own life.



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“Teaching & modelling behavior cont.”

One of the greatest character traits baseball can teach all athletes is sportsmanship.

Start teaching your athletes about sportsmanship by explaining what it is and what it includes:

- Playing fair.
- Being honest.
- Following the rules of the game.
- Respecting officials, coaches, teammates, and opponents at all times.
- Remembering the golden rule to treat others as you wish to be treated.



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"Recognizing good sportsmanship"

As a coach, it is important to know what behaviors are acceptable and show sportsmanship, which behaviors are unsportsmanlike & unacceptable.

Using positive words or phrases to try to encourage players.

- Yelling at and arguing with the umpires.
- Helping players correct mistakes by instructing them on how to handle the situation next time.
- Instructing players to play dirty or throw at opponents.
- Shaking hands with opponents after the game, congratulating them on a good game.
- Using profanity or displays of anger to try to encourage players.
- Refusing to shake hands with the opponent, or refusing to talk to him or her.



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"Recognizing good sportsmanship cont."

As a coach, it is important to know what behaviors are acceptable and show sportsmanship, which behaviors are unsportsmanlike & unacceptable.

Using positive words or phrases to try to encourage players.

- Yelling at players for doing something wrong and making mistakes.
- Applauding during the introduction of both teams.
- Instructing players to be respectful of opponents if they are injured.
- Booing during the introduction of the opponent.
- Politely and respectfully interacting with umpires on the field.



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"Failure in baseball"

Every play in baseball results in both a failure and a success. When a batter successfully gets on base, the pitcher has failed to get him out. The exposure to failure and success can teach players how to deal with setbacks not only in baseball, but in life as well.

To help your players learn how to better handle failure, follow these key points:



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"Failure in baseball."

To help your players learn how to better handle failure, follow these key points:

- Try to stay as upbeat as possible
- Avoid removing players from game for making small physical mistakes
- Avoid the urge to publically critique your players
- Capitalize on positive teaching moments
- Players often dwell on their mistakes. Reinforce your player's strengths and past successes



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“Keeping perspective”

As a coach, how do you know if you’ve lost perspective of youth sports? One way to find out is to ask another coach that sees you at practice and games, and that you trust.

Another way is to check for the possible warning signs:

- Conversations are dominated by baseball in all aspects of your life.
- Winning is more important than anything else.
- Your relationship with your players as their coach is based on their performance on the field.
- Your players’ physical health is less important than competition.
- Your team is overly nervous about practicing or playing for fear of making mistakes.



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"Keeping perspective cont."

Getting ready to participate in a competition can be nerve wracking for any coach. When you feel like you're getting a little too emotional and worked up about a game, try to be mindful of the following:

- Think about how you plan to coach your team in a way that reflects the meaning of youth sports.
- Try taking a water break to separate yourself from the team and allow yourself time to calm down.
- When your players are in the spotlight, do your best to look calm and at ease. That way, when your players look to you for guidance, they see you have confidence in them.



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“Coaching do’s & don’ts”

Sometimes it can be hard to know exactly what to do in your role as a coach. Can you tell the “do’s” from the “don’ts?”

...the “do’s”

- Keep it fun.
- Remain calm, cool, and collected during practices and games.
- Make your coach-player relationship independent of your players’ performance on the field.
- Push to follow through on commitments, hard work, and being a good person.
- Reinforce sportsmanship with your players

...the “don’ts”

- Criticize your players and give an in-depth analysis after every game.
- Continuously critique players throughout the game on every play made.
- Substitute players in key situations for a more skilled player.



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"Summary"

In review, creating a fun environment for your team can have a significant impact on the team dynamic. While working towards the betterment of your team dynamic, it is important to remember the following:

- Creating a fun and positive environment will enhance your players' overall experience within the game.
- You can be a role model for sportsmanship through your actions on the field and your interactions with opponents, umpires, and other coaches.
- Failure is inevitable. Help your players learn from, and build upon, each mistake they make.
- Maintain the perspective that baseball is just a game, and games are meant to be fun for all parties involved.

This is property as developed of Richmond City Baseball (1963)