

## Rec Coaching Guidelines

1. **COMMUNICATION:** Ensure the terminology you use is clear and precise. Let players know you are in charge.
2. **POSITIVE REINFORCEMENT:** Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.
3. **BE CREATIVE AND USE INITIATIVE:** If the drill or game is too advanced, modify to increase the chances of success.
4. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm and being energetic are contagious.
5. **KEEP PLAYERS ACTIVE:** If the drill is static, create need of helpers or assistants to keep everyone involved.
6. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
7. **STRIVE FOR QUALITY:** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
8. **REINFORCE CORRECT TECHNIQUE:** In all drills and games continually emphasis the use of correct techniques.
9. **ENCOURAGE PLAYER MOVEMENT:** At all times make players aware of importance of readiness. Emphasize weight forward on toes and bouncing instead of flat footed.
10. **ROTATE POSITIONS:** All players should be active as servers, assistants. In game situations change positions each quarter.
11. **DEVELOP PLAYER RESPECT:** Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.
12. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.
13. **FUN AND ENJOYMENT:** Players will respond and want to continue if things are fun. Create their enjoyment.

REMEMBER AS A COACH YOU SHOULD BE DEDICATED TO THE DEVELOPMENT OF ALL PLAYERS WHETHER TECHNICALLY ABLED OR NEW TO THE GAME. YOUR POSITION IS VERY IMPORTANT. YOU ARE A ROLE MODEL TO THESE CHILDREN. SET EXEMPLARY STANDARDS. DEVELOPING GOOD TOUCH AND TECHNIQUE, GOOD SPORTSMANSHIP AND A GOOD ATMOSPHERE IS THE GOAL. KEEP AWAY FROM CREATING A PRESSURE TO WIN. MAINTAIN EQUALITY THROUGHOUT YOUR SESSIONS AND EMPHASIZE FUN AND DEVELOPMENT.