



## **PEPPNATION SPORTS LEADERSHIP CAMPS, INC.**

### **Youth Development Mentor (Coach) Expectations**

**Our Coaching Philosophy:** We expect our coaches to be “Double-Goal Coaches” who want to win, but first and foremost help players learn life lessons and positive character traits from sports. The following is what we expect of our coach’s during their sessions.

1. **Model and teach your players to honor the game.** Teach respect for: **Rules, Opposition, Officials, Team mates and one’s Self (ROOTS)**
  - Keep referring to honoring the game during every practice
  - Seize teachable moments to talk with players about honoring the game.
  - Share with your players parents your desire for them to honor the game
2. **Help players redefine what it means to be a “winner”**
  - Teach players that effort, learning from and bouncing back from mistakes is more important than the result on the scoreboard.
  - Reward effort not just good outcomes. Look to recognize players for unsuccessful effort.
  - Encourage students to set attainable “effort goals” in practice and games
3. **Fill your Players Emotional tanks:**
  - Use encouragement and positive reinforcement as your primary method of motivating.
  - Aim to use 5 positive reinforcements to each criticism/correction.
  - Ask for player input and try to get them to work out the solution to tactical or skill problems.
4. **Have conversations with your players at every practice and every game:**
  - To remind players about these three concepts before and after every game.
  - Ask questions and encourage players to speak and contribute during team meetings.