



# First Time Coaches

**First year? Here are a few quick tips to help you succeed-even if you are new to the sport:**

## **Learn what is expected of you as a coach**

Take the time to review our Coaching Code of Conduct and Coaching Guidelines to learn what PYSL expects of our volunteer coaches.

## **Communicate with parents**

Most issues that arise between coaches and parents generally revolve around unmet expectations. This can easily be remedied with communication.

## **Hold a team meeting**

PYSL strongly recommends that you hold a team meeting with parents at the end of the first practice where you introduce yourself, explain your coaching philosophy and set out your team goals for the season. Let the parents know what is expected of them at games. Remind them that you are a volunteer and encourage them to talk to you immediately if they have concerns.

## **Prepare your trainings ahead of time**

Organization is a coach's friend. Prepare 3 - 4 activities ahead of each training. If you need ideas, check out the coaching resources on our website. Don't try to do everything. Involve the parents and enlist their support in non-coaching duties such as snack schedule or obtaining a team banner. Encourage any parent who seems to be invested in the development of their player to become an assistant coach.

## **Lead by example**

Maintain a calm, cool presence at practice and games and stay positive- we are all out there to have fun.

## **Contacts**

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