

Downingtown West Little League Coach Job Description

To: All Coaches

From: Downingtown West Little League

RE: Coach Expectations

The basic definition of a coach, in relation to sports, is a person who teaches and trains the members of a team and makes decisions about how the team plays during games. A good coach is someone who is positive, enthusiastic, supportive, trusting, goal oriented, knowledgeable, observant, respectful, patient, humble, receptive to feedback, and a clear communicator. As a coach in Downingtown West Little League you are making a commitment to providing a safe playing environment, establishing a positive, Double Goal, culture, enhancing the skills of our athletes, and becoming an important part of the community. It is critical that you recognize your responsibilities, not only as the leader of your team, but also to the experience of our larger DWLL community (i.e. your game opponents are also part of your LL team). We expect you to be a coach who strives to win (one goal), while pursuing the more important goal of teaching life lessons through sports (second goal). This can be achieved by:

Model and Teach your players to Honor the Game

- Teach ROOTS- respect for Rules, Opponents, Officials, Teammates, and one's Self
- Drill Honoring the Game in practice
- Seize teachable moments to talk with players about Honoring the Game

Help Players pursue mastery of their sport, not just scoreboard wins

- Teach players the ELM Tree of Mastery- Effort, Learning, bouncing back from Mistakes
- Reward Effort, not just good outcomes
- Encourage players to set Effort Based goals tied to how hard they try

Fill your players Emotional Tanks

- Use encouragement and positive reinforcement as your primary method of motivation
- Use the "Buddy System" to teach players to fill each others emotional tanks
- Learn to give "Kid Friendly Criticism", such as criticizing in private

Have Conversations with your players at every practice and game

- Ask questions and encourage players to speak and contribute during team meetings
- Review Honoring the Game, ELM Tree, and the Emotional Tank throughout the season
- Let your players know you are someone they can talk to, even if it is unrelated to sports

By adopting these philosophies and actions, you will be contributing to a positive, character building, youth sports experience for all the children our organization serves. Thank you for volunteering and welcome to the Downingtown West Little League Community.