



“Caring for Georgia’s People and Parks”

## **Volunteer Coaches’ Program**

# The Fundamentals of Sportsmanship

GRPA will be emphasizing the importance of GOOD SPORTSMANSHIP. The only thing we need to realize is that many people have not had GOOD SPORTSMANSHIP explained to them. Hopefully the following will help everyone to understand their responsibilities at an athletic contest.

1. Gain and understanding and appreciation for the rules of the game/contest/event.
2. Exercise representative behavior at all times
3. Recognize and appreciate skilled performance of all athletes and/or communities regardless of affiliation .
4. Exhibit respect for the officials
5. Display openly a respect for the opponent at all times.
6. Display pride in your actions at every opportunity.

# Important Factors to Remember

- 1) Game is for the kids, not the adult**
- 2) Good sportsmanship is key**
- 3) Fun first, winning second**
- 4) Remain positive at all times**
- 5) Assist in making experience memorable/pleasurable**
- 6) Remain in coaching area during contest**

# Facts About Youth Sports

- 30 Million youth participate nation wide
- Kids begin playing at a younger age
- Increased # of violent incidents
- 70% drop-out rate by age 13
- 72% of youth would rather play on a losing team than sit the bench of a winning team
- Kids develop in stages and have different physical and mental capabilities
- Age is not the only measure of maturity or readiness for a specific sport or activity

# Why Sports ?

- Athletes'/Child's Perspective
  - Fun
  - PLAY
  - Develop Skills
  - Make friends
  - Team concept
  - Attention Mom/Dad
  - I like Sports
  - I like my coach

# How Sports Affect Children

- Raise a child's self-esteem
- Learn life skills
- Enhance school performance
- Less likely to use drugs/alcohol
- Positive body image
- Learn responsibility
- Learn to set goals
- Happy healthier lifestyle
- Increase energy/metabolism
- Increase attention span
- Lower teen pregnancy rate

# Reasons why people coach

- They have a child in a sport
- They were an athlete themselves
- They want an opportunity to help in the community
- They are asked to help by a friend or the Parks and Recreation Department

# Components of Successful Coaching

- Stress participation, fun, and skill development
- Provide a healthy environment for fun and learning
- Provide an enjoyable introduction and experience
- Teach the basic fundamental skills of each sport
- Foster teamwork, sportsmanship and discipline
- Teach lifelong skills
- Build confidence with positive reinforcement
- Change skills often to keep players attention

# Coaching Tactics

- Communication/Organization
  - Players
  - Parents
- Encouragement
  - Coach in a positive manner
  - Teach from mistakes, don't criticize
  - Remain positive toward others such as parents, spectators, officials and opponents
- Break the task down
  - Analyze task
  - Make corrective suggestions
- Know the rules
  - Rules of game
  - League rules
- Be clear in what you say
  - Sports lingo-
    - Slap Bunt
    - Box out

# Practice Tips

- Utilize drills that give participants an opportunity to practice fundamental skills
- Teach/learn new skills
- Describe/Explain new skills
- Pick 2-3 teaching points to emphasize
- Breakdown drills and skills into segments
- Make sure everyone gets to participate
- Change and modify drills as athletes improve

# Violent Altercations in Youth Sports

- Thomas Junta convicted of manslaughter for beating a father of four to death after a hockey game in Reading, Mass.
- Father sentenced to 3 years in prison for pointing a pistol at his 6 year old son's baseball coach
- Father was charged with assault and battery after allegedly pushing a coach into a steel door in the locker room
- Spring baseball season for 3<sup>rd</sup>-4<sup>th</sup> grade boys was cancelled due to bad parent behavior
- A Pop Warner football game ended in a brawl involving more than 100 parents, coaches and players.
- 16 parents in GA were arrested for their involvement in a fight after a 5-6 year old baseball game.
- 2 Parents in GA jumped a youth basketball official after a district basketball game resulting in an altercation involving pepper spray being dispersed throughout the gym

# Just a Little Boy

He stands at the plate  
With heart pounding fast  
The bases are loaded;  
The die has been cast

Mom or Dad cannot help him  
He stands all alone  
A hit at this moment  
Would send the team home.

The ball meets the plate;  
He swings and he misses  
There's a groan from the crowd,  
With some boos and some hisses

A thoughtless voice cries: "strike out you bum!"  
Tears fill his eyes; the game is no longer fun

So open your heart and give him a break  
For it's moments like this a man you can make

Keep this in mind when you hear someone forget  
He's just little boy and not a man yet

By:  
Chaplain Bob Fox