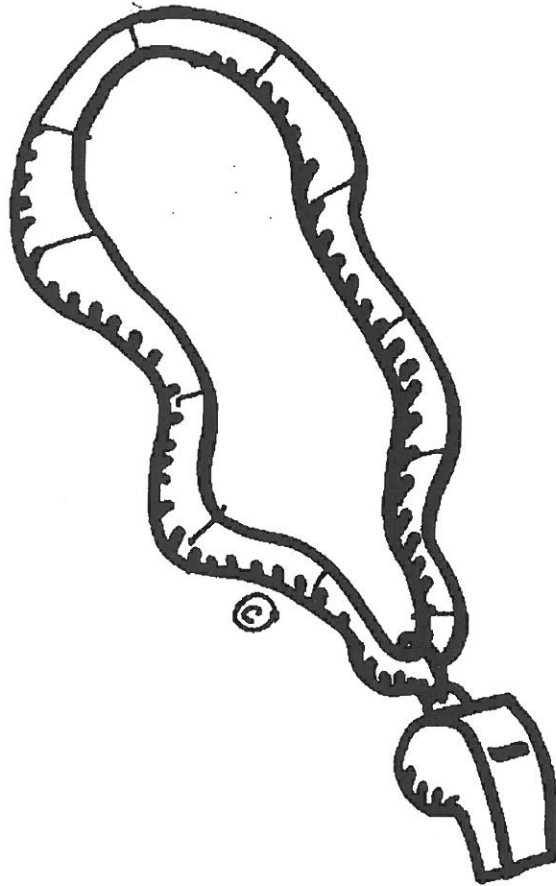


# PLEASANT DALE PARK DISTRICT



## COACHES GUIDE



## **COACHING RESOURCES**

The Park District has various books and video tapes to help coaches learn more about the skills of the sport they are instructing. The athletic staff is committed to helping coaches find answers and will assist you in any way possible.

### **COACHING TIPS FOR PRACTICES & ORGANIZATION**

- Plan every practice.
- Inform co-coaches what their duties will be.
- Begin practice on time and keep it controlled and fast moving.
- Keep your best players from always pairing off during warm ups & drills.
- Provide as many repetitions of the basic skills as possible and make up games using these skills.
- Teach fundamentals in a 1, 2, 3 step progression.
- Minimize listening and lecture time. *Athletes progress faster if they see demonstrations and learn by doing.*
- Be yourself and have fun!

### **DEVELOPING A CHILD'S SELF ESTEEM & SELF CONFIDENCE**

#### **SELF ESTEEM**

- Greet the children individually and tell them you're glad to see them.
- Children must know that they will be accepted as people, with no conditions attached. A coach should talk to the children and be a good listener.
- Emphasize to the children that you expect them to try and do their best and not what others expect of them.
- Teach the children to use statements about themselves that make them feel good and to think positively.
- When children feel awkward, make sure you are supportive and make the child feel better.
- Give participants with lesser talent leadership roles; don't let them be the last ones chosen all of the time.
- If discipline is necessary, be firm, yet positive.

## TIPS FOR TEACHING SPORTSMANSHIP

While youngsters participate in sports, they develop behavioral attitudes that they will carry with them for the rest of their lives. Your responsibility as an adult is to emphasize good sportsmanship. Here are some tips:

- ❖ Take time to point out both good and poor sportsmanship by pro athletes and discuss it with the children.
- ❖ Reward ethical behavior and good sportsmanship. Make this an important reward and not just a consolation prize. Develop a system of points to be accumulated by your players where awards are received for demonstrating fair play.
- ❖ Teach athletes to be responsible for their own behavior.
- ❖ Support officials and other Park staff in their efforts to control the games and stop any game that is out of control.
- ❖ Educate your players about the rules and the “spirit” of the rules.
- ❖ Stress fair play, civility & common decency toward opponents.
- ❖ Let fans and players know that there are consequences for unacceptable behavior.
- ❖ Let athletes know that there will be mistakes made and that losing as well as winning is part of the game.
- ❖ Define winning as doing your best and trying!
- ❖ Teach your team the importance of being gracious in both victory and defeat.
- ❖ Never allow yourself or anyone else to discriminate against or make fun of athletes based on their race, gender, body type, ability, disability, nationality, religion, ethnic origin, appearance, economic level or parental affiliations.
- ❖ Children should receive equal playing time and experience the different situations that arise during the course of a season.

## FIRST AID & SAFETY TIPS

As a youth sports coach, the health and safety of all players must be your number one concern. To help better prepare you for this responsibility, the following information should be reviewed regularly:

- *General Body Warm Ups*—Warm, pliable muscles are less likely to be strained. Instruct athletes to gently stretch their muscles at first, and then exercise until the body temperature is raised. Stretch again before taking to the field to reduce the risk of injury.
- *Fluid Replacement*—Fluid replacement before, during, and after a physical activity helps prevent the body from overheating. However, be aware of the three most common heat disorders:

## **SELF CONFIDENCE**

- Create successful experiences for children. Because not all children perform at the same level, you must set realistic standards for each child.
- Teach in progressive steps. For instance, when teaching children to pass in soccer, make sure they can pass successfully before providing opposition on the ball.
- If necessary, give examples of successful athletes who as children had problems in a sport. Give personal stories that can encourage your child to continue in the sport. If things go correctly, your child will realize he or she needs to make mistakes before they make large gains.

## **TEACHING CHILDREN TO CONCENTRATE**

Aspiring athletes must have the ability to concentrate, to focus attention on the task at hand, and not be distracted by outside influences such as fans, parents, and peers.

Just as training can teach relaxation, so too can we teach concentration. It is recommended that concentration practice start when a child reaches 8 years old. Here are tips you can try to help children in pressure situations concentrate and succeed.

1. *Have the children in a relaxed setting concentrate on something, whether it is their skin, the sky, or a ball. For example, take the important part of the game (a ball, a stick, etc.) and have the children hold the object in front of them and study it thoroughly. This should help his/her to discipline his/her mind and focus on the events of the game during a match.*
2. *Use "role playing" to simulate situations that children may find distracting in competitions. For example, if children are distracted by a comment from another player or fan, put them into such a situation. Discuss and explain the situation afterwards. Explain why you must forget mistakes and why people try to distract you.*
3. *During a game, emphasize the child's improvement so they feel better about themselves.*

1. **HEAT CRAMPS** Sudden, painful muscle contractions often caused by loss of body fluids and mineral depletion through sweating or an acute blow. Athletes should massage muscles and gently stretch them as well. Replace fluids.
2. **HEAT EXHAUSTION** Weakness, dizziness, profuse sweating, and a rapid pulse are the symptoms. Rest the athlete immediately in the shade with his/her legs elevated. Replace lost fluids and call for emergency transport.
3. **HEAT STROKE** High body temperature, red hot and dry skin. Also rapid, strong pulse, difficult breathing, collapse, and convulsions. If this occurs, call for emergency help immediately and place the athlete in the shade. Cool body if possible to lower the body temperature until help arrives.

## FIRST AID PROCEDURES

The Park District has first aid kits on the premises which are available to all coaches for non-threatening, first aid situations.

- Kits contain band aids, ice packs, gauze, and first aid ointments.
- Coaches should notify park staff on duty of a player's injury. Park staff will get necessary first aid supplies for them.
- Coaches are responsible for notifying the Athletic Supervisor of any necessary supply replenishments.
- All coaches are required to complete an incident report regarding all such matters as soon as possible after each situation and turn it in to the Athletic Supervisor or Superintendent of Recreation.
- Parents/legal guardians should be notified immediately of any situation in which a child requires medical or first aid attention.
- In the event of a life-threatening situation or a parent/legal guardian's request, the paramedics should be called as soon as possible.
- Coaches with the assistance of park staff on duty are required to complete an incident report after such a situation and turn it in to the Athletic Supervisor or Superintendent of Recreation.
- *Coaches who have current First Aid/CPR certificates are asked to supply the Athletic Supervisor with copies of these certifications.*

## **WEATHER**

**The Rain-Out number is 630-662-7994. Please do not call the front desk to inquire about field conditions. Please call the rain-out number and listen to the message.**

**Coaches will be responsible for calling the players on their team.**

Inside games could be cancelled if there is a safety or health related problem in the Recreation Center or because of an act of nature such as a snowstorm.

Outside games may be cancelled, postponed, or delayed because of poor field conditions, lightning, or other severe weather conditions.

Prior to games starting, the Park District's administrative staff will be responsible for making decisions regarding the canceling of sports activities. After games have begun, the Athletic Supervisor and referee will make any necessary determinations.

All efforts will be made to reschedule any affected games.

## **IMPORTANT PHONE NUMBERS**

**Pleasant Dale Park District (630) 662-6220**

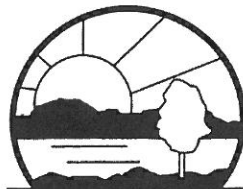
**Monday - Friday 830am to 900pm Saturday/Sunday 8am to 4pm**

**Pleasantview Fire Department (emergency) 9-1-1**

**(non-emergency) (708) 352-9229**

**Burr Ridge Police Department (emergency) 9-1-1**

**(non-emergency) 630) 323-8181**



**Pleasant Dale  
Park District**

7425 S. Wolf Road Burr Ridge, IL 60525