

YOUTH SPORTS REFERENCE LIBRARY

RESOURCES FOR TRAINING AND COACHING YOUNG ATHLETES

[The Power of Positive Coaching](#)

Imagine you're coaching a big soccer game, against an undefeated team that has beaten your team in all your previous matches. Your 11-year-olds are playing well and are ahead. Then, in the closing minutes, the official makes a bad call that goes against you and, because of it, you lose. After the game, the parents of your players scream at the official. The kids are disappointed, looking up at you. What do you do?

[Boosting Kids' Confidence For The New Season](#)

With a new season, kids and parents often have high hopes for what will happen. Sometimes, that translates to high expectations.

Believe it or not, you can get the new season off to a bad start with such expectations.

It's pretty natural for parents to have high expectations about their kids' success. But it's also important to keep in mind what's best for your child's confidence.

For example, Lisa has a 5-year-old who will be playing soccer for the first time. Because he's small, she's tempted to run him through some drills before his first practice Saturday. She's tempted to give him every secret on earth about how shorter kids can run faster.

[How To Help Young Athletes Overcome Mistakes](#)

In a survey we conducted at The Ultimate Sports Parent, more than 45% of sports parents and coaches said that their kids become easily frustrated or angry after making mistakes. They know kids struggle to let go of mistakes. As a parent or coach to young athletes, you must attempt to help them better cope with disappointment and setbacks. Kids who can't handle their frustration are more likely to drop out because they no longer have fun.

We receive almost daily questions from sports parents and coaches about how to help their athletes cope with frustration. Due to the demands coaches and parents place on their athletes, this is a huge issue for young athletes today. For example, a sports parent, Gretchen, says that her 10-year-old baseball player gives up after one bad at-bat or one poor game. He simply checks out, she says.

[Parenting Perfectionist Young Athletes](#)

Often, we hear from parents who worry about young athletes who are hard on themselves, become easily frustrated, and take disappointment home with them. You're likely familiar with these types of athletes. They're perfectionists or athletes who display perfectionistic behaviors.

Perfectionistic athletes criticize themselves for making mistakes, often hold very high expectations for themselves, and get frustrated easily after making mistakes. All three of these go hand in hand.

On the positive side, these athletes have a strong work ethic, are committed to their goals, and want to learn and improve. In fact, most athletes display at least some "perfectionistic" traits in their practice from time to time.

More articles from [The Ultimate Sports Parent](#) can be found [here](#)

[Youth Sports Coaching: Not a Job, but a Calling!](#)

So they call you Coach, huh? Have you ever stopped to consider what that means? You have taken on one of the most beautiful, powerful, and influential positions a person can ever have. Some people may call it a job, and others a profession, but in reality, being a great coach is not that at all. It is so much more than that.

By becoming a coach, you have chosen to work with young athletes. You have chosen to guide them through the trials and tribulations of learning two beautiful games: sport and life. You are in a position to change their lives forever, not only by making them better athletes, but better people. You are a leader, you are a role model, you are a person who serves your athletes, and you are a person to whom they entrust their physical and emotional well-being.

[A Basketball Coaching Guide - How to Work with Parents the "Right Way" and Avoid Unpleasant Problems](#)

As a coach, working with parents just comes with the territory. But, handling overzealous parents is never fun. And you know what we're talking about here. These are the parents who show up at practice demanding to know why their son or daughter isn't getting more playing time. Or, the ones that come up to you at halftime to let you know the combinations you used during the first half aren't working, and they had some ideas that might win the game during the second half if you wanted to hear them.

You know, those parents.

Although working with these parents is never going to be our favorite thing, it is something that we have to learn to get better at. The good news is that there are steps you can take to cut down on the number of unpleasant instances during a season.

[Ten Signs of A Good Youth Sports Coach](#)

Over the years my sons played sports, they had a wide assortment of coaches with different personalities, coaching styles, philosophies and approaches:

Some "safety comes first" coaches postponed games at the sound of approaching thunder.

Others insisted that kids remain on a baseball diamond while lightning flashed nearby.

Some developed every player by giving them equal playing time. Some were content to have a couple of players sitting on the bench except for a couple of innings a game or denied them the chance to play the "fun" positions.

Some had training in the sport they were coaching while some didn't even know all the rules or equipment requirements.

A few coaches knew about child development and gender differences.

While youth sports coaches come in all shapes and sizes, with different types of personalities, here are the ten things a parent should look for as signs of a good youth sports coach:

[6 Tips for Successfully Coaching a Youth Sports Team](#)

As the youngest of 4 athletic brothers and a 3-sport all-state sister, I grew up being towed around to hundreds of my siblings' games and tournaments. From a very young age, I remember traveling to places like Pflugerville, TX to watch my older brothers play under those hallowed "Friday night lights." I vividly remember those games where I looked on in awe, dreaming about the day when it would be my turn to take the field. (have picture)