

Coach K Overview

My Values (define team Culture):

- Role Model for kids
- Opportunity to teach Life Lessons
- Honor & Respect all aspects of Soccer & competition (**ROOTS**)
- Building Team (unity, friendship, memories, keep player mojo high)
- Balance fun with development of disciplines (self, team, sports specific, effort/commitment)
- Development: cognitive, social, and psychological is as important as physical (technique, tactics)

My Philosophy (coaching Objectives that drive all decisions):

- Most important...Why I am here
 - Several reasons: fun, development, teach proper focus on winning/competition, love soccer/sports/fitness
 - Integrate Life Lessons: continue developing human beings, not *just* soccer players; sports is simply another vehicle for kids to grow & experience life
 - Development areas: physical, mentally, and psycho-socially (both at practices and games)
 - Develop and maintain a love for Soccer, and a lifestyle of fitness
- Net-Net: My job is to provide a safe place for kids to play (at soccer), and make it fun
 - Integrate coaching sports & teaching life lessons
 - Assist with PE SOLs 3, 4 & 5 (Responsible Behavior and Physically Active Lifestyle; fitness)
 - Its not about me or parents, but the kids! **Athletes 1st – Winning 2nd**
- What about winning...comes second
 - Recreational league; no standings; blow-out rule
 - Winning games is not an **end**, it's a measuring stick for progress
 - We can celebrate many more things than just game outcomes; **ELM** = "winning" **redefined**
 - **Effort & Learning** – participation, leadership, desire, personal progress & development, team unity
 - **Mistakes?** Okay!! Learning, risk-taking, focus on developing weak areas
- Proper focus on competition/winning
 - Expect you to play hard; objective of any contest is to win; 100+ % focused & committed on game day
 - **Strive** to win (focus is the efforts and execution, not the end result)
 - Play fair (code of ethics), but remember soccer is a contact sport
 - Reminder of ROOTS, especially toward the referees (heat of the moment, knowing the rules, etc)
- Kids participation in learning:
 - Asking questions and being proactive is good!
 - Fully engaged = participating & thinking
- What makes me upset/angry
 - House rules not followed, especially being disrespectful
 - Do NOT get mad about: mistakes, performance, skills/talent, wins/losses

The House Rules (Behavior Expectations):

- Behavior and Participation
 - just like PE class; is **not recess** w/o rules & boundaries; **is** fun w/ structure
 - expect listening & focus & participation for one hour (similar to travel, w/o advanced skills)
 - my time & preparations are valuable; appreciation for parents commitment & investment
 - only 1 person speaking at a time (especially w/ large roster)
 - paying attention during instruction/demos (especially for tactics)
- Good Attitudes and Treatment of team members
 - Treat each the way you want to be treated; No bad mouthing others; encourage all!
 - More talented kids help developing players (Skill/experience delta)
 - NO: "Clubs", stupid antics, hitting/pushing/pinching, time-wasting stuff (eg playing w/ sticks in the woods)
- Honor the game and Respect all involved - **ROOTS** (Rules, Opponents, Officials, Team, Self)
 - This includes respect for coaches & parent assistants
 - Team rules may be different than home or school...deal with it.

Discipline Policy:

- Balance discipline & grace (everyone has a bad day at some point)
- Every effort made is made to use positive & corrective language as reminders of expectations
- Trigger threshold for more formal action is most often **disrespect** or not valuing my time (ie total goofing off)
- 3 strikes:
 - 1. Verbal warning
 - 2. Time out from activity/game; extra energy might channeled by "taking a lap"
 - 3. Done for the day; serious discussion with parents