

## **10 POSITIVE THINGS THAT COACHES DO:**

- 1. Have realistic expectations**
- 2. Always including fun in the sport**
- 3. Obtain appropriate training for sport**
- 4. Allowing injured players ample time to recuperate**
- 5. Having the desire to win, but enjoying the improvement of players/team**
- 6. Maintaining communication with parent**
- 7. Knowing what is abuse and how to prevent it**
- 8. Accepting the performance of referees and officials**
- 9. Having respect for the game**

**10. Knowing the difference between outcome goals versus performance goals**

## **What Coaches Can Do:**

- Treat all athletes with respect**
- Keep the reason for the game in perspective**
- Use appropriate discipline**
- Take injuries seriously**
- Replace put downs with instructions**
- Motivate with praise, not name-calling**
- Do not accept abusive behaviors by others**

## **10 POSITIVE Things That Parents Do:**

- 1. Positive verbalization during events**
- 2. Praise of athlete/child**
- 3. Always including fun in events**
- 4. Encouraging child to focus on more than one sport**
- 5. Talking and listening to athlete/child**
- 6. Being appreciative of work by referees or officials**
- 7. Positive attitude toward coach**
- 8. Giving coach respect during and after events**
- 9. Helping child by practicing skills with them**

**10. Attending athlete/child's events**