



**This program has a lot of history that we should be very proud of, be careful NOT TO TARNISH.**

## **Responsibilities of the Head Coach**

- It is your job to be at every practice and every game unless you have an immediate family or personal emergency. We cannot ask our players to be dedicated if we are not.

**GAME DAY DRESS CODE:** Collared Adidas polo shirt, khaki pants or khaki shorts, Adidas shoes. Not allowed: ANY brand other than Adidas!!! NO flip flops, pants/shorts w/out belts, jeans, tank-tops, open toe shoes, excessive jewellery. Male coaches should have a haircut and clean shave.

- Be punctual. Start and end practice on time. During practice, do not stand together as a staff, but rather, spread out and try to teach from as many angles as possible.

- Be prepared for each practice and game. **A well-thought out practice plan is required.** If you have an assistant, make sure that you let them know of his practice and game responsibilities. Provide them with a copy of each day's practice plan. Meet for a few minutes after practice to go over that day's practice and to plan together for the next practice.

- You are responsible for your team. The expected conduct of your players on and off the court should be explained. As coaches we must enforce these rules. Preach being a good person!!!

- You may discipline for behavior problems in school.

- Please take care of uniforms. **UNIFORMS ARE THE PROPERTY OF E.A. PREP STARS NOT THE TEAM COACHS, PLAYERS, ETC.**

- **There is no substitute for enthusiasm. Be high on praise.** Let the players know that we care about them so we can teach them without tiptoeing around egos. **Lead your team with enthusiasm and they will follow example.** Have teams clap and be energetic-Demand it every practice.

- Monitor your player's grades. Stay in touch with your players and their teachers. This will require time outside of practice, but the influence you have on your player's lives will be far greater than anything you can teach them on the court.

## Responsibilities of the Assistant Coach

- BE AT EVERY PRACTICE AND GAME

- At all times publicly support the decisions of the head coach. If you have questions as to decisions that were made, VOICE THEM PRIVATELY.

- Speak with players before practices. Shake hands-see who is feeling good, who might not feel great. Encourage players to be ready when practice officially starts.

- Teach during breakdown drills. Remain positive, but demand effort. Keep drills moving and make sure the rest of the team learns from your individual instruction.

- During full team drills the head coach will usually take the lead role while the assistant coach looks to add to whatever he is saying and keeps players focused by standing among them.

- Always try to take the "Good cop" role with players.

- When a player gets ripped by the head coach, be the one to pick him up if he/she seems down.

- Voice positives and negatives. Don't be a "yes" man

# Yelling Coach.....

**Yelling is a limited tool to be used in a limited fashion.** Kids (people) tend to block out continuous noise, and a coach who yells all the time risks losing his/her players' attention. Then when something serious comes along that needs to be addressed in dramatic fashion, a coach raising his/her voice seems just like normal, and the import is lost.

**Much of the time, yelling is a distraction.** Athletes usually need to focus on what they are doing. Being yelled at by a coach can distract them from focusing on what they need to do to make a play.

**Yelling can make lessons harder to learn.** If I am embarrassed to be yelled at, I am less likely to take to heart the information being communicated that might help me improve. Criticism given in a more respectful way can be more easily taken to heart.

**Some kids just can't take yelling.** While the yelling coach may be able to motivate some kids, others will be turned off. A coach who yells all the time risks not being able to reach a (perhaps) big percentage of kids. And when athletes have **choices**, they tend to go towards coaches who **build them up** rather than yell. So yelling can be self-defeating in this respect.

I understand that some rare individuals are able to be successful with a yelling style of coaching. These individuals can somehow convey to their athletes that they care about them so the yelling isn't a problem for them. But most of the yellers I have seen are not able to do this and their athletes, and their record in terms of the scoreboard, suffer.

**Great coaches have a big toolbox of motivational techniques. They don't rely on a single approach. As the saying goes, if all you have is a hammer, every problem looks like a nail. If you are accustomed to yelling, you are more likely to yell even when the problem requires a different approach.**

## 2020 Coaches Agreement

Coach printed name: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Date:

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