



YOUNGSTOWN YOUTH FLAG FOOTBALL ASSOCIATION 10 COACHING PRINCIPLES

Coaching is an extremely important responsibility. A good coach always places the best interests of a player before winning. The players and their parents have placed you in a position of leadership, and you have a responsibility to give them your best effort. Additionally, this football experience will play a significant factor in determining whether the players continue participating in football in the future. If you follow the coaching guidelines and general principles below, the players and their parents will be better served.

1. A coach should be enthusiastic without being intimidating. He or she should be sensitive to the children's feelings and genuinely enjoy spending time with them. He or she should be dedicated to serving children and understand that football provides physical and emotional growth for its participants. Remember, NFL Flag is for the children.
2. A coach needs to realize that he or she is a teacher, not a drill sergeant. He or she should help children learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning. The best interest of the child transforms into the best interests of the game.
3. The safety and welfare of the children never can be compromised. A coach will consider these factors above all others.
4. A coach needs a tremendous amount of patience. Don't push children beyond limits in regards to practice. Children have many daily pressures and the football experience should not be one of them. Playing football is supposed to be fun.
5. A coach should care more about the players as people than as athletes. The youth football program is a means to an end, not an end to itself.
6. A coach should encourage his players to dream and set lofty goals. It is important to remain positive and refrain from discouraging remarks. Negative comments are remembered far more often than positive affirmations.
7. A coach needs to remember that the rules of the game are designed to protect the participants, as well as to set a standard for competition. He or she never should circumvent or take advantage of the rules by teaching deliberate misconduct. A coach who puts his or her opponents' team at risk should not be involved with children.
8. A coach should be the first person to demonstrate good sportsmanship. He or she should take a low profile during the game and allow the kids to be the center of attention.
9. Parents and players place a lot of trust and confidence in the coach. The coach has an important role in molding the athletic experience of the child.
10. A coach can measure success by the respect he gets from his or her players, regardless of victories or defeats. Children who mature socially and physically while participating in sports are the best indication of good coaching.