

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

# The Multiple Roles of a Coach



Being well organized and prepared on game day is one of the keys to getting your players to do their best and have fun during games.

- Arrive at the arena well before game time. For safety, make sure you have your First Aid Kit and all its supplies. Ensure that your players have all equipment on properly and insist they complete a proper warm-up. Also make sure that referees, timekeepers, scorekeepers and other officials are present and ready to go.

## **Before the Game**

- Have a short meeting with your players before the game. Stress only a few points of instruction and encourage them to relax, have fun and do their best.

## **During the Game**

- Remain cool behind the bench by not shouting at officials and opponents. Be positive and enthusiastic with your players, and give corrective feedback in a constructive, quiet manner. Change lines frequently to let every player participate. Always set a good example for your players.

## **After the Game**

- insist that all players and staff shake hands with opponents and officials. Meet briefly with your players to offer encouragement and positive feedback, and ask for input regarding team strengths, attitude and areas for improvement. Make announcements about upcoming games and practices, and attempt to say something positive to each player before leaving.

