

Coaching Guidelines

“Leadership, like coaching, is fighting for the hearts and souls of men and getting them to believe in you.”

- Eddie Robinson

1. A coach should be enthusiastic without being intimidating. He should be sensitive to the children’s feelings and genuinely enjoy spending time with them. He should be dedicated to serving children and understand that football provides physical and emotional growth for its participants. Remember, Youth Flag Football is for the children.
2. A coach needs to realize that he is a teacher, not a drill sergeant. He 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, and not an end in 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 should never circumvent or take advantage of the rules by teaching deliberate misconduct. A coach who puts his opponents’ team at risk should not be involved with children.
8. A coach should be the first person to demonstrate good sportsmanship. He 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 players, regardless of victories or defeats. Children who mature socially and physically while participating in sports are the test of good coaching.



“INSPIRING CHILDREN THROUGH SPORTS”