

Suggestions for YMCA Coaches

40 Ways Coaches Can Build Assets for and with Youth

The original 40 Developmental Assets are research based and copyrighted. But many communities and groups find it inspiring and thought-provoking to adapt the framework for specific purposes. Here is one group's interpretation of the assets for coaches.

SUPPORT

- 1. Family support** - Have a team meeting with athletes and their families prior to the season to outline expectations and guidelines.
- 2. Positive family communication** - Remind parent to use positive encouragement and constructive criticism.
- 3. Other adult relationships** - Assign a player (not their own child) for parents to watch during the game and at the end to tell the player something he or she did well.
- 4. Caring neighborhood** - Remind players to invite people to the games.
- 5. Caring team climate** - Encourage team members to cheer for each other.
- 6. Parent involvement with team** - Encourage parents to be involved as assistant coaches, treat providers, etc.

EMPOWERMENT

- 7. Community values youth** - Have the players thank the team sponsor.
- 8. Youth as resources** - Ask players for input on how games are going and what they need to improve on.
- 9. Service to others** - Have players pick up trash around the gym or field after the game.
- 10. Safety** - Never jeopardize the physical health of a young person.

BOUNDARIES AND EXPECTATIONS

- 11. Family boundaries** - Keep in mind that family commitments are important and come before sports.
- 12. Team boundaries** - Ensure that the team has clear rules and consequences.
- 13. Neighborhood boundaries** - Be respectful at the field, behaving in the neighborhood as you would want people to act in yours.
- 14. Adult role models** - Your behavior sets the standard for athletes and spectators.
- 15. Positive peer influence** - Practice and promote unselfishness and teamwork.
- 16. High expectations** - Have realistic expectations and maximize your athletes' potentials.

CONSTRUCTIVE USE OF TIME

- 17. Creative activities** - Create a team cheer.
- 18. Youth programs** - Teach age appropriate skills. Encourage effort without focusing on results.
- 19. Religious community** - Don't schedule practices to conflict with religious commitments.
- 20. Time at home** - Encourage players to practice at home.

COMMITMENT TO LEARNING

- 21. Achievement motivation** - Make sure athletes tell you what their goals are and praise them as they move toward meeting their goals.
- 22. Team engagement** - Encourage players to watch the game even when they are on

the bench.

23. Homework - Encourage players to get their homework done before their team commitments.

24. Bonding to team - Remember, it's still a game, fun needs to be everywhere.

25. Reading for pleasure - Have a book about an inspirational athlete to give to an MVP after each game. Have players write something that they learned in the book.

POSITIVE VALUES

26. Caring - Praise players with a smile, nod, or compliment. Remember they look to you for approval.

27. Equality and social justice - Don't play favorites; move players around to different positions. Aim for active participation from every player.

28. Integrity - Treat players with respect, avoiding put-downs, sarcasm, or ridicule, & require the same from them.

29. Honesty - When you tell a player what you like about her or his effort or performance, be specific.

30. Responsibility - Give players responsibility such as helping with equipment.

31. Restraint - Focus on good sportsmanship. Stay clam when players make mistakes.

SOCIAL COMPETENCIES

32. Planning and decision making - Be organized and ready for practices and games.

33. Interpersonal competence - Model for athletes the need to encourage players as they improve their skills.

34. Cultural competence - Make sure players who are new to the sport understand its rules and strategies.

35. Resistance skills - Remember that young people involved in positive organized activities are much less likely to be involved in risky behaviors.

36. Peaceful conflict resolution - Demonstrate how to peacefully resolve conflicts during games. Set the standard for absolutely no swearing.

POSITIVE IDENTITY

37. Personal power - Involve players in making decisions by asking them for input and inviting their questions.

38. Self-Esteem - Help players develop confidence & self-esteem by greeting them individually when they arrive.

39. Sense of purpose - Praise players for the important role they play in the team (i.e., team leader, biggest fan) or for a particular skill they have mastered.

40. Positive view of personal future - Remember that you are developing good human beings first, developing athletes second.

This is adopted from the Search Institute's 40 developmental assets and tips for being a great coach and role model. www.search-institute.org