



Checklist for Positive Coaches

Positive Coaches strive to develop their athletes as competitors and ensure the development of life skills by creating a positive sports culture. Here are simple but powerful things you can do to have a lifetime impact on your athletes as a Positive Coach:

1. Prioritize Building Trusting Relationships

- _____ Check-in with athletes as they arrive at practices and games
- _____ Plan games/activities that help players connect with one another
- _____ Listen to understand the perspectives of your athletes, and validate them

2. Adopt a Mastery-Focused Skill Development Mindset

- _____ Praise effort over results
- _____ Reframe mistakes as learning opportunities
- _____ Provide truthful, specific feedback

3. Create a Positive Team Culture

- _____ Encourage teammates to celebrate and acknowledge each other's successes
- _____ Give athletes the opportunity to voice their opinions and shape team values
- _____ Acknowledge that athletes come to practice in the context of their day and provide any support they may need

4. Show Players That You Want to Be There

- _____ Always show up to scheduled practices and games on time, unless you have communicated to the players and families otherwise
- _____ Be mindful of your tone and body language, does it communicate that you are happy to be there with them?
- _____ Participate safely and appropriately in practice and have fun with your team

5. Make Parents an Asset to Your Team

- _____ Engage parents early with a pre-season meeting to set expectations and relay your coaching philosophy and goals for the season
- _____ Ask parents to help out with snack breaks, carpools, and making signs for big games

Help transform the culture of youth sports. Embrace your role as a Positive Coach and let people know that you are coaching to develop competitors and life skills. Encourage others to become part of the PCA movement.

