

## **Positive Coaching: A Behavior Checklist for Youth Sports Coaches**

### **Youth Sports Coach Behavior Checklist**

I praise kids just for participating.

I look for positives, and make a big deal out of them.

I stay calm when my kids make mistakes, helping them learn from their mistakes.

I have reasonable and realistic expectation.

I treat my kids with respect, avoiding put-downs, sarcasm, and ridicule.

I remind my kids not to get down on themselves.

I remember not to take myself too seriously during the game.

I maintain a Fun is #1 attitude, with lots of laughter and sense of humour.

I emphasize teamwork, and help my kids think "we" instead of "me."

I am a role model of good sportsmanship:

Winning without gloating

Losing without complaining

Treating opponents and officials with fairness, generosity, & courtesy.