



## Positive Coaching Checklist and Reflection

Check each of the following behaviors as they apply to you and be honest with your thoughts. Jot down your answers in your journal or print out the checklist, make notes and keep for future reference.

- I treat my players with respect
- I avoid sarcasm, put-downs and ridicule
- I praise my players just for participating
- I look for positives and publicly identify them
- I have reasonable and realistic expectations of my players
- I remind my players not to get down on themselves, particularly during adversity
- I encourage laughter and a sense of humor
- I stay calm when my players make a mistake
- I quietly and privately correct a player's mistake
- I am a role model of good sportsmanship
- I never allow players to gloat over winning
- I never allow players to complain about losing
- I encourage players to treat the opposition and officials with respect and fairness
- I encourage my players to congratulate the opposition, win or lose

How many of these do you apply regularly to your coaching? During your next competition or practice, try to consciously apply as many of these as possible.

***If you follow this checklist, you will be an even better coach!***