

TOWNLAKE YMCA COACH CHECKLIST

Preseason Duties

- Contact each parent on roster list
 - *If you cannot get a hold of the parent, please contact the Sports Director immediately*
- Set Rules and Expectations
- Have a communication plan for practice and games
 - Set a time/place for practice
 - Make sure parent(s) receive schedule of games
 - Alert parents of game time each week
- Share your coaching philosophy
- Define parent boundaries
- Set a snack schedule
 - Contact parents about who would like to bring a team snack for each game. Example below:
 - Saturday, September 28th: Tim's Parents
 - Saturday, October 5th: Lauren's Mom

SNACK LIST

Please ask if any children have any allergies before choosing your snack choices. Please have each parent sign-up for a game or practice. The kids LOVE snack time!

Game 1 _____

Game 2 _____

Game 3 _____

Game 4 _____

Game 5 _____

Game 6 _____

Game 7 _____

The YMCA encourages all parents/coaches to make healthy snack choices for the children.

Some recommended items include:

- Pretzels
- Water
- Fruit Snack/Fruit Juice
- Fruit bars / granola bars
- Gatorade
- Trailmix
- Carrot Sticks
- Raisin
- Nuts
- Sunflowerseeds
- Light popcorn

Checklist for practice and possible equipment

- Practice Plan
 - Refer to manual for drills
 - Refer to manual for a word of the day
- Balls—One for every person
 - I would recommend that each person on your team have their own ball
- Whistle
 - Not necessary/the Y does not supply whistles

- Pennies
 - Not necessary/the Y has a limited amount of pennies accessible for practice
- Water
- Towels

Practice

- Have a plan and be organized
- Enforce Rules and Expectations
- Foster a great learning environment
- Combine fundamentals with fun
- Carry over concepts from drill to drill/practice to practice
- Use consistent terminology
 - This will help the players learn the rules for game day
- Try to build on previous practices and lessons
 - Don't throw the whole playbook at them on Day 1.
- Incorporate rules education into practice/drills
 - Remember to use a 'word of the day'
 - Example: If the word of the day is 'sportsmanship', make the opposing players shake hands/high-five after every drill/help each other up/etc
- Have an out of bounds play for baseline and the sideline
- Keep the players attention span by keeping things short and on target
- Encourage and be positive
- Set Game Goals

Game Day

- Set a time for the players to be there
 - 15-30 minutes early dependant on age
- Stretching routine
- Warm-up routine: passing, shooting, and defense
- Game Time: Mix-up starting line-ups and rotation for subs
- Communicate what position everyone is playing
 - who they are guarding
 - what offense and defense you will be playing
- Quarters/half times: Give 1-2 suggestions/point of emphasis for offense and defense
- Make sure the players on the bench stay involved.

Post Game:

- Shake hands with the opponent whether you win or lose
- Team Meeting: Did you achieve your game goals? Go over Positives and Areas of Improvement
- Snacks Parent hands out snacks on their give game day

