

# Jack London Youth Soccer League

## COACH JOB DESCRIPTION

You are the most important adults in our organization. You determine the kind of experience our children and youth have with soccer. The JLYSL Clubs are committed to the principles of Positive Coaching. We expect our coaches to be "Double-Goal Coaches" who want their players to win and to help them learn "life lessons" and positive character traits from sports. The following is what we expect from you during the coming the season.

1. Model and teach your players to **Honor the Game**. Teach the elements of ROOTS, respect for **R**ules, **O**pponents, **O**fficials, **T**eammates, and one's **S**elf. To do this we recommend you:
  - Appoint a parent to be "Culture Keeper" for the team.
  - Share with your players' parents the need for parents to Honor the Game.
  - Drill Honoring the Game in practice.
  - Seize teachable moments to talk with players about Honoring the Game.
2. Help players redefine "**Winner**" in terms of **Mastery**, not just the Scoreboard. We recommend you:
  - Teach players the ELM Tree of Mastery (**E**ffort, **L**earning, and accepting **M**istakes).
  - Teach players to use a "Mistake Ritual" to help them quickly rebound from mistakes.
  - Reward effort, not just good outcomes. Look to recognize players for good efforts even initially unsuccessful ones.
  - Encourage players to set "Effort Goals" that are tied to how hard they try.
  - Use Targeted Symbolic Rewards to reinforce effort and team play.
3. Fill your players' **Emotional Tanks**. We recommend that you:
  - Use positive reinforcement as your primary method of motivating players.
  - Strive to achieve a ratio of at least 5 positive reinforcements to each correction.
  - Schedule "fun activities" for practices, so players will enjoy our sport.
  - Use the "Buddy System" to teach players to fill each other's Emotional Tanks.
  - Develop "player coaches" by asking for player input and asking rather than telling them what to do
  - Learn to give "Kid-Friendly Criticism" so players will be able to hear it. Try to criticize in private, ask permission before correcting, use the Criticism Sandwich, and avoid giving criticism in non-teachable moments.
4. Have **Conversations** during Team Meetings with your players at every practice and every game. Topics should frequently include:
  - Honoring the Game, the ELM Tree and the Emotional Tank, throughout the season.
  - Ask questions and encourage players to speak and contribute during team meetings.
  - The Winner's Circle after a game to reinforce the positive things players did.

At the end of the season we will survey your players and their parents to give you feedback on how you did at implementing these Positive Coaching principles during the season. We will share the results with you. Thank you for all your time and effort!

Coach Name \_\_\_\_\_ Coach Signature \_\_\_\_\_

Two copies of this Coach Job Description have been provided. Please sign and mail this page to the Montclair Soccer Club, and keep the following page for reference.

# Jack London Youth Soccer League

## COACH JOB DESCRIPTION

You are the most important adults in our organization. You determine the kind of experience our children and youth have with soccer. The JLYSL Clubs are committed to the principles of Positive Coaching. We expect our coaches to be "Double-Goal Coaches" who want their players to win and to help them learn "life lessons" and positive character traits from sports. The following is what we expect from you during the coming the season.

5. Model and teach your players to **Honor the Game**. Teach the elements of ROOTS, respect for **R**ules, **O**pponents, **O**fficials, **T**eammates, and one's **S**elf. To do this we recommend you:
  - Appoint a parent to be "Culture Keeper" for the team.
  - Share with your players' parents the need for parents to Honor the Game.
  - Drill Honoring the Game in practice.
  - Seize teachable moments to talk with players about Honoring the Game.
6. Help players redefine "**Winner**" in terms of **Mastery**, not just the Scoreboard. We recommend you:
  - Teach players the ELM Tree of Mastery (**E**ffort, **L**earning, and accepting **M**istakes).
  - Teach players to use a "Mistake Ritual" to help them quickly rebound from mistakes.
  - Reward effort, not just good outcomes. Look to recognize players for good efforts even initially unsuccessful ones.
  - Encourage players to set "Effort Goals" that are tied to how hard they try.
  - Use Targeted Symbolic Rewards to reinforce effort and team play.
7. Fill your players' **Emotional Tanks**. We recommend that you:
  - Use positive reinforcement as your primary method of motivating players.
  - Strive to achieve a ratio of at least 5 positive reinforcements to each correction.
  - Schedule "fun activities" for practices, so players will enjoy our sport.
  - Use the "Buddy System" to teach players to fill each other's Emotional Tanks.
  - Develop "player coaches" by asking for player input and asking rather than telling them what to do
  - Learn to give "Kid-Friendly Criticism" so players will be able to hear it. Try to criticize in private, ask permission before correcting, use the Criticism Sandwich, and avoid giving criticism in non-teachable moments.
8. Have **Conversations** during Team Meetings with your players at every practice and every game. Topics should frequently include:
  - Honoring the Game, the ELM Tree and the Emotional Tank, throughout the season.
  - Ask questions and encourage players to speak and contribute during team meetings.
  - The Winner's Circle after a game to reinforce the positive things players did.

At the end of the season we will survey your players and their parents to give you feedback on how you did at implementing these Positive Coaching principles during the season. We will share the results with you. Thank you for all your time and effort!

COACH'S COPY