

Responsibilities of a CDA Jr Tackle/Fitz League Football Coach

Coaches are among the most influential adults in the lives of youth athletes. In conjunction with parents and schools, coaches are key to developing character in our children.

Children who are coached responsibly in sports achieve better grades, are less likely to engage in dangerous behavior, live longer and healthier lives due to improved fitness they carry forward from youth sports. Sports provide the ideal 'virtual classroom' for teaching life lessons, if coaches prepare themselves to become Responsible Coaches.

- Ensuring player safety
- Placing education and character development *before* wins
- Coaching beyond the "X's and O's"
- Coaching athletes to master their sports
- "Keep Positive" to improve performance and instill love of sport

A CDA Jr Tackle/Fitz League Coach is someone who:

Exhibits a high level of coaching competence

- Personal commitment to coaching excellence – on and off the field
- Commitment to constant development of personal coaching skills
- Collaborates and partners with other coaches for personal and game improvement

Achieves and maintains excellence on-the-field

- Maintains paramount concern for the health and safety of the athletes
- Focuses on mastery of skills over winning; effort over outcome
- Fosters success through positive feedback, valuing teamwork and consistently providing support to players

Demonstrates an on-going commitment to the well-being and development of athletes off-the-field

- Concerned for the development of the athlete as a whole person – emotional, physical and intellectual
- Understands and embraces their role as mentor and role model
- Respects the rights of every athlete and treat everyone equally regardless of background or ability

Honors and respects the Game

- Upholds the spirit as well as the letter of the rules of the game
- Respects all opponents, officials and opposing players

Coaching Reminders!

Thank you for volunteering to coach in the CDA Jr Tackle/Fitz League Program. Here are a few guidelines before the season begins:

Focus on FUN, not winning at all costs:

Please remember this! Win-at-all-cost attitudes will not be allowed. Above winning, kids participate in this program to have fun and won't want to continue playing unless they do. Remember kids and adults have a different version of the definition of FUN! If a child is on the sideline most of the game wishing to be out on the field, that is not fun, even if the team is playing well or winning. Help each child have a good experience that will allow him/her to remember his/her season positively.

Every Player MUST play in the game:

Regardless of size and playing ability, each and every player deserves playing time (at least 10 plays per game)! Remember, coaching is not just putting your best players on the field....Coaching, is taking every player on your team and find out what skills they possess, help them improve in these skills, and put them in a position that utilize these skills and be productive. Sometimes coaches must change their game plan according to the ability of the players you have on your team.

Rotate the Players in various positions:

Let the kids explore positions in which they are interested and do not limit the players to where you want them to play. Try and put the players in a position that would allow them to touch the ball in the game. Remember, there are three areas in football...offense, defense and special teams. The Board encourages a coach to use a player in each of these areas.

Positive comments and attitude:

Please don't forget that these kids are exploring their curiosity about sports choices and learning as they go. ENCOURAGE them in all efforts. Make it your goal to find at least one positive detail about each child's contribution to tell him/her each game. Using foul/degrading language is intimidating, does not boost self-confidence, shows poor sportsmanship, makes the child afraid to try AND WILL NOT BE TOLERATED!

For many of these kids, this is their first experience with football. Please be patient and help them learn this great game. Please keep in mind the way to measure your success as a coach is not on the number of wins. It's all about being a role model who shows the kids the meaning of good sportsmanship, as well as how much fun sports can be!