

**Developing a Youth Football Coaching Philosophy**



The image features a blue background with a football in the bottom left corner. The title is in red and white text. The central image shows a coach in a white shirt and cap sitting on a wooden bench, talking to a young player. The YFBCA logo is at the bottom.

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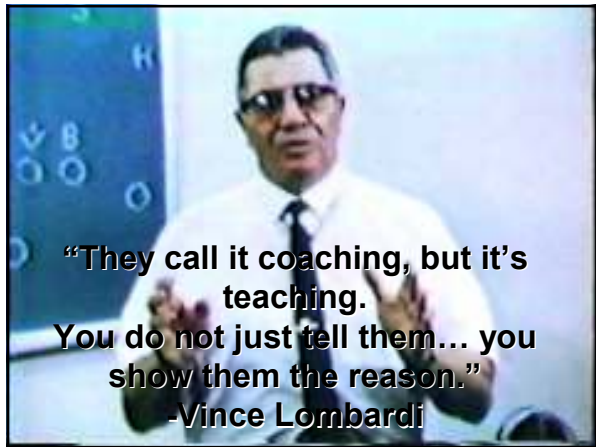
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**“They call it coaching, but it’s teaching.  
You do not just tell them... you show them the reason.”  
-Vince Lombardi**

The image shows Vince Lombardi in a white shirt and tie, speaking in front of a chalkboard with some diagrams. The text is overlaid on the image.

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**Creating Your Coaching Foundation**

1. What did I get out of this game?  
How will I give that experience back?
2. What is my motivation to be here?
3. How will I teach this game?
4. Do I know the game well enough to teach it?
5. What do I expect from my players?
6. What approach will I use to communicate with these kids?

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## Develop Your Own Coaching Philosophy

- Treat a player as he is and he will remain as he is.
- Treat a player as if he were what he could be and should be and he will become what he could be and should be.



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## COACHING STANDARDS:

These are the standards that each coach is expected to possess:

### **A. Winning Attitude:**

- #1 Always be excited- you've got to get excited and stay excited if you want to win. Negatives: get them out of your system and go on- that determines whether or not you'll be a success. It always must be fun!
- #2 Stop making excuses- it's not what happens to you in life but how you will react to it.
- #3 Always be "up" – don't let the complainers, criticizers, and moaners change you and make you negative. Surround yourself with positive, excited, happy people who love what they are doing.
- #4 Make a total commitment- be intense, excited and positive about your job.

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## COACHING STANDARDS:

These are the standards that each coach is expected to possess:

**B. Enthusiasm breeds enthusiasm.**  
Enthusiasm is caught, not taught.

**C. Forget about fear motivation, egos and being macho- treat players positively and they will respond.**



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**COACHING STANDARDS:**  
These are the standards that each coach is expected to possess:

- D. Expect the best from your players. Players will turn out the way you expect them to turn out.
- E. Give the players the praise and recognition when we win; coach takes the blame when we lose.
- F. Nothing encourages people to work harder and produce quality results like having their accomplishments noticed and praised.

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**COACHING STANDARDS:**  
These are the standards that each coach is expected to possess:  
**LIMIT CRITICISM**

Be positive with players as much as possible. Make a conscientious effort to praise before you criticize.



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**COACHING STANDARDS:**  
These are the standards that each coach is expected to possess:

Everybody has strengths and weaknesses. Every player has at least one thing he's good at.

*Find it, focus on it, build on it!*

Best tool is self-motivation:

*"Was that your BEST effort?"*

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## COACHING STANDARDS:

These are the standards that each coach is expected to possess:

### LISTEN AND SUPPORT

- Get to know your players. Know them by name (the whole team), know their families, get to know them off the field, academically/socially, get to know them as a person and really care about them –all of them!

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## Motivation

- Your motivation is based on helping your athletes reach their expectations.

Their goals are your goals!

Find out what their goals are!



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## Motivation

Why do kids participate in sports?

- Fun
- To Learn Skills
- Develop Fitness
- Enjoy Competition



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## Motivation

### Why do they quit?

- Lost interest
- Coach plays favorites
  - Not having fun
- Developed other non-sport interest



*Get them to come back tomorrow!*

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## Motivation

### Look for Positives in Every Situation

- Stay calm when situations go wrong
- It's OK to make mistakes
- Mistakes are inevitable
- Mistakes are stepping stones for learning
- They can't be afraid of making mistakes!



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## Motivation

### Praise Kids Every Time They Deserve It

- After criticizing a player, say something positive to bring him back the next day.
- Never blame the players.

*"You're the guy that put him out there."*

- Bill Walsh- Hall of Fame Football Coach

### Comment on Effort NOT Him!

- Kids can relate to trying harder.

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## Motivation

### Make it fun!

- Not just the games
- Practice must be fun. Players must look forward to coming to practice to work hard throughout practice.
- Variety gets this accomplished.
- Positive environment
- Get in the kids' shoes. Be on their level to have fun.

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## Discipline

- Requires a balance between fairness and respect.
- Be fair but be firm!
- Coaches must provide clearly defined, acceptable choices, and clearly stated consequences that hold players accountable for actions.

REMAIN LEVEL HEADED!

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### Ways to Provide Structure Within Your Discipline

1. Establish clear expectations and reinforce them constantly.
2. Try to balance structure with freedom to play and have fun.
3. Hold a team meeting to involve players in making rules and their consequences.
4. Reinforce & encourage teamwork, sportsmanship, cooperation and respect ideals.

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## Discipline

- Discipline thru Football Skills and Concepts
  - Don't have them run laps.
  - Push-ups or sit-ups will make them stronger.
- Discipline as a Unit- Penalties and Mistakes
  - Unit goes offside then whole team reacts.

Use Peer Pressure & Teammates to Help a Kid Become Focused.

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## Coaches Behavior Checklist

- I praise kids for participating
- I look for positives and make a big deal of them.
- I stay calm when my kids make mistakes, helping them learn from their mistakes.
- I have reasonable and realistic expectations.
- 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 a sense of humor.
- I am a role model for good sportsmanship:
  - a. Winning without gloating
  - b. Losing without complaining
  - c. Treating opponents and officials with fairness, generosity & courtesy.

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## YFBCA.org Resources



- YFBCA.org Library has great books on mental aspect of the game as well as dealing with youth.
- Read the various articles listed on YFBCA.org Coaches Resource Page
- Share Youth Team Goals and Rules with other Coaches via YFBCA.org

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