

Welcome to the ... **COACHES CORNER**

KEEPING YOUR EXPECTATIONS IN CHECK

As a coach it's natural to have "favorite" players. We are all human. We like the "positive strokes" and re-act to perceived negative slights in our lives. However, the positive and negative expectations you form about players affects not only your own behavior toward them but also the feelings and performance of your players.

Having such influence on athletic performance and experience can be a lot of responsibility. Therefore, it's critical all coaches understand the relationship between a coach's expectation and player performance.

Understanding this process is important to know how to keep your expectations in check to ensure all your players reach their full potential and maximize their enjoyment of the game.

Here are some helpful hints to help keep your expectations in check:

1. Establish an objective approach to evaluate players early on. This provides a more consistent way to form initial expectations for each player.
2. Realize that your initial evaluation of a player's skill may be inaccurate. Seek opportunities to evaluate every player in a structured manner and be open to revising evaluations as you go through the season.
3. Resist the urge to allow the "favorite" players to participate more than your "non-favorite" players. (Some kids will keep moving to the back to keep from participating).
4. Design practices that provide every player the opportunity to succeed, hence improving their skills. Remember – **NO LINES = MORE TOUCHES ON THE BALL.**
5. Provide an environment that allows all players the opportunity for improvement and respect creativity while focusing on team play. Always, positive re-enforcement when you see a player master (or attempt) a new skill. This is a good way to convey self-confidence in your players and communicate to your team that you define success by individual improvement as opposed to winning.

Have a discussion with yourself and assistant coaches after each practice. Ask- what could we have done, not done, or done better. This way you can adjust your expectations accordingly.