

2 minute drill for coaches

monthly tips from Positive Coaching Alliance

Inside a Pre-Season Meeting

A pre-season meeting with your players' parents or guardians is a wise investment. Getting everyone onto the same page before the season starts is critical to your success on and off the field. People tend to live up to expectations if they know them.

A meeting can help mold the behavior of your players' parents. That way, you are more likely to gain allies in creating the team culture you want and avoid negative incidents or interactions.

We suggest the following outline for your parent meeting:

Welcome and Introductions: Have parents introduce themselves, say their players' names and provide any useful background information.

Your Coaching Philosophy: It's important that you have, and share, a coaching philosophy. For example: "I am a Double-Goal Coach. My two goals are winning and the more important goal of teaching life lessons through sports."

Goals and Hopes for the Season: Explain your goals in terms of on-field success and life lessons.

Logistics: Explain your policies on practice attendance, playing time, and position rotations. Ask for volunteers.

Questions: Leave time for questions. Parents who feel "listened to" instead of "talked at" are more likely to help bring about the desired results, on and off the field.

adapted from *The Double-Goal Coach* by Jim Thompson



to purchase *The Double-Goal Coach* and other books by Jim Thompson, please visit:
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