

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Coach Note

Educating and Forming Champion Coaches

Fun...Joy in Sport



With Thanksgiving right around the corner and Christmas fast approaching, let us consider how we can share “Joy” - a common characteristic of the holiday season - with our team. In the video above, Notre Dame Men's Basketball Coach Mike Brey reminds us as we start our winter sport seasons to create an environment which encourages athletes to want to come to practice and put forth their best effort.

How do you bring *Joy* (and fun) onto your team?

- Try a joke of the day.
- Let the athletes choose the drills.
- Participate with your team in practice.
- Be enthusiastic and encouraging in your own attitude.
- Ask the athletes to share what they are grateful for.
- Play a different sport to begin/end practice.

Athletes experience *Joy* on their teams when they feel cared for by their coach. How do you show your athletes you care about them?

- Call athletes by name.
- Ask athletes how their life (school/friendships) is going.
- High-five and provide encouragement to each athlete in each practice/game.

Athletes experience *Joy* when there is a trusting atmosphere on a team.

How do you communicate with your team?

- Have a team conversation at the beginning and/or end practice. Ask the players how they feel the practice went.
- Listen to athletes input.
- Use the sandwich approach to provide constructive feedback by beginning and closing with a positive statement.
- Praise your team when they display sportsmanship.

Make a commitment on how you will:

Bring joy onto your team.
Show your athletes you care about them as people.
Communicate effectively with your team.

Coaches for an example of how to make an ordinary procedure FUN, check out this [Southwest Steward](#). We guarantee you will LOVE it.

Play Like a Champion Blog: Communication is Key in Creating a Positive Team Culture

Coaches, an essential part of creating a positive team culture is how you communicate with your teams' families. Check out this week's blog which provides an excellent example of how one youth coach in Fort Worth, TX communicated with his team and their families and the positive result of this communication.

[Read the Blog: Creating a Positive Team Culture](#)



Coaches Prayer

Thank you Lord for all the gifts that coaching young people provides to me. Thank you for the energy and joy of young athletes as they learn and grow as part of my team. When my team has success, help me to not boast about our accomplishments in your service. Help me to remember that all good we do is due to your help, grace, and inspiration. Let us be aware of your assistance on our team in providing us with desire, drive, courage, and hope.

Help me to be at peace with my team and my coaching, dedicating all I do and all our team does to play for God's glory. Amen.

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