5 KIDS of STEEL

Coaching Tips

S	SUPPORT	A. Acknowledge area your athlete is doing well in. B. Use instruction, rather than criticism, in places they can improve on. C. Celebrate the milestones both big and small. D. Check in with your athlete when something seems off and be ready to listen with open ears.
T	TEACH	A. Encourage athletes to set goals and track them. B. Be inclusive and fair to all participants. Favoritism is not tolerated. C. Minimize competition between one another. And focus on individual improvement.
E	EMPOWER	A. Kids look to you as an example. B. It is important to build them up and not compare them to their peers. C. You have the power to show them who they can become.
E	ENJOY	A. You are creating a community that allows them to be themselves. B. Let them see the joy and excitement that comes with moving. C. Provide a space where kids are eager to join and bring their friends.
L	LEARN	A. There is no one right way to coach. B. Learn what works best for you and learn from coaches around you. C. There is always room to grow and be the best coach you can be.