



# San Ramon Valley Little League

## Practice Tips

- Coaching is about building positive relationships. Your players don't care how much you know until they know you care.
- Find something good to say for every suggestion you make.
- Model, expect, and reward **positive attitude** and **effort**.
- Be organized, prompt, and precise.
- Keep athletes engaged at practice. **Less talk and more action!**
- Build competition into every practice. Athletes need to learn how to compete; how to win/lose. Plus they like it!
- Let fun happen. Laugh with your team. It's sports, not a shift at the coal mines!
- Each of your players has some unique greatness. Find out what it is, then value it, reward it, and demand it from them every time.
- Communicate constantly – about your expectations, how the players/team are doing and what you will do for them to help improve.
- Be the hardest worker on the team.
- Treat everyone with respect; from the superstar to the least talented player. They will forget what you said but will remember how you made them feel.
- Develop your players. Focus on building champions, rather than building championships.
- Find a way to teach each player something about themselves that they can use in their big lives.
- Remember why our kids play sports: **they want to have fun and build relationships.**