



MLF Unified League

Coaching Philosophy

Coaches Are Role Models

MLF athletes are going to look to Coaches not only for guidance and instruction, but they will be watching and listening to how Coaches react to every situation. Coaches can be one of the most influential people in a young athlete's life. We're not talking about fielding ground balls, or how to hit; we're talking about teamwork, perseverance, work ethic, having a positive and fun attitude, to just name a few. Skills that help our athletes in life.

Often coaches think only of the present year; how am I going to develop the players to have a successful season. Coaches have tremendous influence on their players. Coaches can help instill a love for the game that can last a lifetime. Good coaches can keep players interested in continuing to participate from year to year.

The responsibility of coaching should be taken very seriously. It takes a lot of hard work and effort to be a successful coach. We appreciate all the effort and time put in by our Coaching volunteers.

Be Positive

MLF athletes need patient, supportive coaches that can teach and motivate in a positive way. Knowing how to be positive and having the ability to communicate with your players is more important to a successful season than knowing many aspects of the game.

Show Them You Care

Each MLF athlete needs to know that you care for him/her as an individual and that you believe every athlete is an important part of the team. Take time to talk to all athletes individually.

Have Fun

Fun is essential for athletes of all ages. Develop practices and game plans that let them do the things they enjoy. It's also important for you to have fun. Create an environment that is structured and varied enough for you to enjoy what you are doing. If you're having fun, chances are your athletes will be having fun also.



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Players Learn By Doing

When Coaching, always remember this simple phrase: "You hear, you forget. You see, you remember. You do, you understand." Often Coaches try to teach players a skill by talking about it. Give a quick explanation while you show them the skill you want them to perform. Then have them do it.

Emphasize Improvement, Attitude and Effort

MLF athletes want to improve and gain new skills. Make sure that you challenge all your athletes at an appropriate level to foster improvement. This may require that players focus on different skills than other players during games or practices. Coaches that believe winning is everything have only one direction to take the team...down. Everyone wants to win, but when the main goal is winning a really good season can be lost. If on the other hand you emphasize attitude and effort, a successful season can be had without a league championship. Winning games will happen if you Coach the team to play hard and give their best effort, display a positive attitude, and focus on improving.

The emphasis should be on building skill and having fun, not winning. Coaches should not abandon this philosophy based on a W-L record. The lesson here is to make sure Coaches can live with the guidelines and expectations they communicate to their athletes and parents.

Sportsmanship

Sportsmanship must be taught. If athletes watch professional sports then their idea of sportsmanship may be to trash talk, spike the ball in the opponents face, or to mimic some other visual statement that demonstrates their superiority. As a Coach it's important that you teach the value of sportsmanship. Athletes should show joy when they make an exciting play, but not at the expense of the athlete on the opposing team. Athletes should always show the other team respect. Coaching leadership is the best way to get this across to athletes. Interact with the athletes on the other team. Compliment athletes on the opposing team when they make a good play. Show your athletes that you appreciate the other team and the opportunity to play against them.



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Get Parents Involved

Getting parents involved can really be beneficial. Think of ways to get parents involved in some way. Have him/her keep the score book, chart the hitters, etc. Have a Team Mom. Parents want to feel like they are part of the team. If parents come to practices, have them help by working with some of the athletes.