



# SALT LAKE FC AND THE POSITIVE COACHING ALLIANCE

Professional sports is mainly for *entertainment*, so a win-at-all-costs mentality makes some sense.

Youth sports is mainly for *education*, so a win-at-all-costs mentality makes no sense and sends harmful messages to our youth!



## THE DOUBLE-GOAL COACH

PCA believes all youth sport coaches should be "DOUBLE-GOAL" coaches. A win-at-all-cost coach has only one goal: to win. He or she is concerned primarily with teaching skills and developing strategy designed to win games, a positive coach is a "DOUBLE-GOAL COACH" who wants to win, *and* has a second goal: to help players develop positive character traits, so they can be successful in life. Winning is important, but the second goal, helping players learn "LIFE LESSONS." is more important. A positive coach puts players first.

## SECOND GOAL PARENTS

### BEFORE THE GAME:

Make a commitment to Honor the Game in action and language no matter what others may do.

Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

### DURING THE GAME:

Fill your children's "Emotional Tank" through praise and positive recognition so they can play their very best.

Don't give instructions to your child during the game. Let the coach correct player mistakes. Let coaches and athletes try to win, no sideline coaching!

Cheer good plays by both teams (this is advanced behavior!)

Mention good calls by the official to other parents.

If an official makes a "bad" call against your team? Honor the Game—BE SILENT!

If another parent on your team yells at an official? Gently remind him or her to Honor the Game.

Don't do anything in the heat of the moment that you will regret after the game.

Ask yourself, "Will this embarrass my child or the team?"

Remember to have fun! Enjoy the game.

### AFTER THE GAME:

Thank the officials for doing a difficult job for little or no pay.

Thank the coaches for their commitment and effort.

Don't give advice. Instead ask your child what he or she thought about the game and then LISTEN. Listening fills Emotional Tanks.

Tell your child again that you are proud of him or her, whether the team won or lost.

**“Preparing athletes and teams to compete and win is the first goal...**

**BUT NOT THE MOST IMPORTANT ONE!**

**Teaching life lessons through the game is the second goal.**

**Little league “DOUBLE-GOAL COACHES” want to win, but they never sacrifice the second goal for the first one!**

**98% OF THE TIME YOU CAN DO BOTH!”**

**-JIM THOMPSON  
FOUNDER, PCA**