

MEDFORD LITTLE LEAGUE CULTURE

1. Coaching is always a privilege.
2. We are coaching for life, not for one game or one season.
3. I am coaching the top of the batting order, the bottom of the batting order, and the bench; every player should spend time on each.
4. I will keep this great game fun for all players.
5. This is Little League and these are young people that we will have an impact on (good or bad).
6. I am responsible for the team and league cultures.
7. I will coach the way I would want my child coached if I was watching from the stands.
8. I will emphasize: **Effort, Learning and improving, and bouncing back from Mistakes**
 - a. **ELM**; these are all things in the player's control→by focusing on these things, we reduce anxiety, increase confidence
 - b. contrast these with focusing on results, comparison to others, or that mistakes are not ok; these are all out of the player's control
9. I will set a culture of respect for: **Rules, Opponents, Officials, Teammates, and Self (ROOTS)**
 - a. I will look for teachable moments
10. I will keep my players' emotional tanks filled, look for opportunities to:
 - a. Give truthful, specific encouragement; expressing appreciation; listening; exhibiting positive body language
 - b. contrast to: criticizing and correcting; sarcasm, ignoring, exhibiting negative body language (frowns, eye rolls, turning your back, throwing hats)

Note: Points 8, 9, and 10 are adapted from Positive Coaching Alliance materials (<http://www.positivecoach.org/>)