



Coach Commitment

As a Coach for the Penn Hills Girls Softball Association, I promise to:

1. Be responsible for my own behavior and also the behavior of my team members, their parents, and fans.
2. Never physically, verbally or mentally harm a child in my care.
3. Lead by example and encourage my team members to play by the league rules and respect the rights of other players, coaches, fans and officials.
4. Provide a sports environment for my team that is free of drugs, tobacco, alcohol, and abusive language and refrain from their use at all sporting events.
5. Make every effort to improve my knowledge of coaching techniques so that I can teach the sport properly to my players.
6. Be knowledgeable of the league rules and regulations, and teach these rules to all players on my team.
7. Place the emotional and physical well being of my players ahead of a personal desire or external pressure to win.
8. Ensure that my players are supervised by myself or another designated adult and never allow my players to be left unattended or unsupervised at a game or practice.
9. Never knowingly permit an injured player to play or return to the game without proper medical approval.
10. Ensure that all equipment used by my players is safe and conforms to the rules of the game. I shall not allow illegal or unsafe equipment to be used.
11. Respect the parents/guardians, as well as game and league officials and communicate with them in an appropriate manner.
12. Begin and end practice on time
13. Ensure all players have an opportunity to improve their skills
14. Ensure all players have an opportunity to play in the games
15. Create a playing environment that is well-organized, professional, and FUN!

Coach Signature

Date

Please sign two copies and return one copy to the team manager.



Preparing Our Softball Team

After putting them through the drills and having a structured practice plan, we are most certainly going to notice a great difference in the skill level of our players.

By putting them through preplanned drills, we are preparing them for many of the game situations, and giving them the skills to succeed in these areas.

Coaching softball isn't always easy. We will have a lot of kids of different skill levels and they need to be brought along at a reasonable pace. It's also important to keep the practices **enjoyable** for the players. They will learn more if the practice is structured for them to garner a little bit of fun out of it too.

There are certain things which are key components to developing our player's skills. Here are those elements:

- Proper instruction
- Repetition
- Coach support instead of criticism
- Enjoyment