

40 Ways Coaches Can Build Assets for and with Youth

The original 40 Developmental Assets are research based and copyrighted. But many communities and groups find it inspiring and thought-provoking to adapt the framework for specific purposes. Here is one group's interpretation of the assets for coaches.

SUPPORT

1. Family support - Have a team meeting with athletes and their families prior to the season to outline expectations and guidelines.
2. Positive family communication - Remind parent to use positive encouragement and constructive criticism.
3. Other adult relationships - Assign a player (not their own child) for parents to watch during the game and at the end to tell the player something he or she did well.
4. Caring neighborhood - Remind players to invite people to the games.
5. Caring team climate - Encourage team members to cheer for each other.
6. Parent involvement with team - Encourage parents to be involved as assistant coaches, treat providers, etc.

EMPOWERMENT

7. Community values youth - Have the players thank the team sponsor.
8. Youth as resources - Ask players for input on how games are going and what they need to improve on.
9. Service to others - Have players pick up trash around the gym or field after the game.
10. Safety - Never jeopardize the physical health of a young person.

BOUNDARIES AND EXPECTATIONS

11. Family boundaries - Keep in mind that family commitments are important and come before sports.
12. Team boundaries - Ensure that the team has clear rules and consequences.
13. Neighborhood boundaries - Be respectful at the field, behaving in the neighborhood as you would want people to act in yours.
14. Adult role models - Your behavior sets the standard for athletes and spectators.
15. Positive peer influence - Practice and promote unselfishness and teamwork.
16. High expectations - Have realistic expectations and maximize your athletes' potentials.

CONSTRUCTIVE USE OF TIME

17. Creative activities - Create a team cheer.
18. Youth programs - Teach age appropriate skills. Encourage effort without focusing on results.
19. Religious community - Don't schedule practices to conflict with religious commitments.
20. Time at home - Encourage players to practice at home.

COMMITMENT TO LEARNING

21. Achievement motivation - Make sure athletes tell you what their goals are and praise them as they move toward meeting their goals.
22. Team engagement - Encourage players to watch the game even when they are on the bench.
23. Homework - Encourage players to get their homework done before their team commitments.

24. Bonding to team - Remember, its still a game, fun needs to be everywhere.

25. Reading for pleasure - Have a book about an inspirational athlete to give to an MVP after each game. Have players write something that they learned in the book.

POSITIVE VALUES

26. Caring - Praise players with a smile, nod, or compliment. Remember they look to you for approval. 27. Equality and social justice - Don't play favorites; move players around to different positions. Aim for active participation from every player.

28. Integrity - Treat players with respect, avoiding put-downs, sarcasm, or ridicule, & require the same from them.

29. Honesty - When you tell a player what you like about her or his effort or performance, be specific. 30. Responsibility - Give players responsibility such as helping with equipment.

31. Restraint - Focus on good sportsmanship. Stay clam when players make mistakes. SOCIAL

COMPETENCIES

32. Planning and decision making - Be organized and ready for practices and games.

33. Interpersonal competence - Model for athletes the need to encourage players as they improve their skills.

34. Cultural competence - Make sure players who are new to the sport understand its rules and strategies.

35. Resistance skills - Remember that young people involved in positive organized activities are much less likely to be involved in risky behaviors.

36. Peaceful conflict resolution - Demonstrate how to peacefully resolve conflicts during games. Set the standard for absolutely no swearing.

POSITIVE IDENTITY

37. Personal power - Involve players in making decisions by asking them for input and inviting their questions.

38. Self-Esteem - Help players develop confidence & self-esteem by greeting them individually when they arrive.

39. Sense of purpose - Praise players for the important role they play in the team (i.e., team leader, biggest fan) or for a particular skill they have mastered.

40. Positive view of personal future - Remember that you are developing good human beings first, developing athletes second.

This is adopted from the Search Institute's 40 developmental assets and tips for being a great coach and role model. www.search-institute.org Asset-Building Ideas for C