

# PLANNING A SEASON

## Pre-Season *Getting Ready*

*Characteristics of this stage:*

- Preparing, Planning, Recruiting
- Youth wonder if they will like your program

## Warm-Up *Establishing Culture*

- Kids are looking to belong
- Kids are looking to like people and activities

## Game Time *Hitting Your Stride*

- Kids are looking to matter & have influence AND to learn, grow, & have fun

## Warm-Down *Preparing to Close*

- Sense of community & team
- Anxiety over season ending

### Safety

- How will you establish trust w/ youth & families?
- How will you set clear expectations?

- How will you establish structure of practices?
- What are your ground rules and how will you teach them?
- What team rituals will you introduce?

- How will you carefully stretch boundaries of physical & emotional safety?
- How will you maintain group agreements & ground rules?

- How will you celebrate accomplishments of each youth?
- How will you acknowledge the importance of each youth to the team?

### Youth Participation

- How will you ask youth about their expectations?
- How can you use veteran youth to help with recruitment?

- How can you establish rituals & routines?
- What leadership roles can 'veteran' youth take?
- Will you identify natural leaders?

- How can you let youth run activities (step back)?
- How can you support natural leadership?
- How can you find meaningful roles for all youth?

- How can you celebrate team accomplishments?
- How can you help youth to acknowledge coaches?
- How can youth help set goals for next season?

### Positive

- How will you begin to learn youth names?
- How will you talk to youth & families before first session?

- How will you get to know youth & families?
- How will you structure activities for youth to play & work together?
- How will you learn names quickly?

- How will you support youth in working & playing across clique lines?
- How will you get to know youth on a deeper level?

- How will you discuss next steps for the team?
- How can you provide realistic ways for youth to stay in touch w/ you and each other?

### Physical Activity

- How can you explain to youth what the program will demand physically?
- How can you give youth preparation activities & guidelines?

- What activities will you use to start basic conditioning (general & sport specific)?

- How will increase vigorous activity?
- How will you simulate "Game-like" conditioning?
- How will you intensify sport specific fitness?

- How will you help youth establish fitness goals and activities for the off-season?
- How will you implement fun games that show youth how their fitness has progressed?

### Skill Building

- What skills will you plan to teach at different points in the season?

- How will you teach game rules?
- How will you teach basic skills/forms?
- How will you teach life principles (i.e. team work, commitment)?
- How will you include skill work into fun activities?

- How can you teach more advanced skills & strategy?
- How can you vary activities to keep youth interested?
- How will you recognize learning and growth?

- How can you show youth their improvement and progress?
- How can you establish goals for next season?

- Events:**
- Parent meeting
  - Recruitment meeting

- Planning a practice
- Sport specific training

- Games & performances
- Mid-season – informal get-togethers

- End of year celebration
- Celebration for staff/volunteers

- Staff Development:**
- Recruitment
  - Planning a season
  - Building Blocks Training

- Opening events & celebrations

- Support staff in collaborating w/ each other & Larger community
- Support staff as issues arise
- Support staff to keep program alive /exciting

- Staff/volunteers debrief of successes & challenges