

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

# Competition Organization



If you are well-organized and prepared for the competitions, the participants will be more likely to do their best and enjoy themselves. Here are some suggestions for what to do before, during, and after a competition.

## Before the competition

- Arrive at the venue well ahead of time.
- Make sure you have your first aid kit and all the equipment you need.
- Check the playing surface and the facility for safety hazards.
- Make sure the participants' equipment fits properly.
- Be sure the various volunteers (e.g. assistants, manager, scorekeepers, timekeepers) are ready and aware of their duties.
- Ensure that all participants go through a proper warm-up.
- Have a short meeting with the participants. Be positive and stress just a few points of instruction. Do not ask participants to do anything they haven't already practised.

## During the competition

- Create a happy and positive mood (smile and enjoy yourself).
- Be enthusiastic, respectful, fair, and consistent.
- Encourage participants' efforts in a clear and precise manner.
- Encourage participants to ask questions.
- Set a good example in dealing with officials and the other team.
- Explain the officials' calls to the participants.
- Give all participants the opportunity to play every position.
- Ensure that every participant has equitable playing time throughout the competition.
- Make substitutions frequently to keep everyone in the competition.
- Keep feedback positive and brief.

## After the competition

- Make sure participants and team staff shake hands with the other team and officials.
- Provide participants with encouragement and positive feedback.
- Make announcements about upcoming practices or competition.
- Ask yourself these questions:
  - Did the participants have fun?
  - Was there equal opportunity for everyone to play?
  - Was it a positive experience for everyone?
- After analysing the strengths and weaknesses demonstrated by participants during the competition (do this with the participants), prepare for your next practice.
- Try to say something positive to each participant before he/she leaves.

Source: **Community Sport – Initiation Reference Material**, Coaching Association of Canada, 2003.

