

Become better Sportsman

Why do some athletes demonstrate amazing qualities of sportsmanship and others embarrass themselves and their teammates again and again?

I strongly believe that ANYONE can have a team chock-full of sportsmanship (or sportswoman ship) all-stars.

As a coach this should be your NUMBER ONE focus.

Yes, Numero Uno.

Above any athletic skill should come the skill of sportsmanship.

Being able to throw a perfect spiral or hit an 80mph fastball are not necessarily skills that easily translate in the non-sporting world.

But Sportsmanship TRANSLATES to LIFE.

So, I challenge you to begin a strong tradition of sportsmanship. Here are 4 ideas to get you started:

- a) Have your athletes shake hands with the opposing team.
- b) Give your players a turn at officiating during practice so they understand how difficult it can be.
- c) Before you leave a dugout or game, have the team do an "inspection" to make sure it is clean and ready for the next team.
- d) Review team rules with players AND parents at the start of the season. Don't be afraid to address any unsportsmanlike behavior with a player or parent.

Motivate your athletes to be better players, but also better people.