

The Role of the Coach

US Lacrosse and Burnsville Lacrosse (BAC) are committed to the principles of Positive Coaching. Burnsville Lacrosse wants every player to enjoy their experience with the sport of lacrosse and to learn positive character lessons that will help them in every aspect of their life. We expect our coaches to embody the principles of positive coaching.

A Positive Coach:

- 1.** Is a positive motivator and refuses to motivate through fear, intimidation or shame. He establishes order and discipline in a positive manner.
- 2.** Works to remain positive even through losing streaks. He recognizes that it is often when things go wrong that a coach can have the most positive impact and teach the most important lessons. Regardless of the adversity involved, he refuses to demean him or his players by resorting to fear, intimidation or shame. He always treats athletes with respect regardless of how well they perform.
- 3.** Coaches for mastery rather than victory, which he sees as a byproduct of the pursuit of excellence. He focuses on effort rather than outcome, learning rather than comparison to others.
- 4.** Recognizes that mistakes are an important and inevitable part of learning and encourages an environment in which players are willing to risk making a mistake.
- 5.** Sets standards of continuous learning and improvement for himself and his players. He encourages and inspires his players, whatever their level of master, to strive to get better without threatening them. He is committed to becoming the best coach he can be and continually seeks to improve his own effectiveness.
- 6.** "Honors the Game". He feels an obligation to the sport he coaches. He loves his sport and shares his love and enjoyment with his players. He feels privileged to be able to take part in his sport.
- 7.** Respects his opponents, recognizing that a worthy opponent will push his team to do their best.
- 8.** Understands the important role that officials play and strives to show them respect even when he disagrees with their decisions.
- 9.** Values the rich tradition of his sport and works to honor the spirit as well as the letter of its rules.
- 10.** A demonstrates personal integrity and would rather lose than win by dishonoring the game. Dishonoring the game is worse than defeat.