



## Card 1: Help Your Coach

As team captain, **you are a critical bridge between your coaches and your teammates.** You can help your coach by setting a positive example for the rest of the team and reinforcing each practice's focus. It's also important that you let your coach know if you learn of something that might affect the team's performance.

### Do's and Don'ts

- Communicate regularly with your coach to understand what you can do to:
  - o Reinforce the practice theme for the week
  - o Help address any specific issues or concerns
  - o Help make the team better, in general
- Communicate issues that you think your coach needs to be aware of in a discreet manner. Focus only on issues that might negatively impact the team or a specific player. Communicate positive things where you think the team is improving.
- Offer suggestions that you think might be helpful. Don't bring up problems unless you have an idea about how to make the situation better.
- Remember... you're not the coach. Don't act like one. Your teammates will resent you for it.

## Game Plan

- ✓ Set up a weekly time to meet one-on-one with your coach, preferably at the beginning of the week
- ✓ Develop a weekly game plan together, so you can prepare how to best help the team with practice and game situations
- ✓ Help the coach to make each season fun, enriching and successful.
- ✓ Offer to help with youth/development programs or other activities important to the program.

**What can you do?**

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