

COACH'S TEN COMMANDMENTS

1. The game is for your players, not for your personal gratification or position.
2. The team must have pride in itself and respect for their opportunity to participate, their coaches and teammates.
3. Be positive in your approach and eliminate the fear of failure.
4. Control your temper and encourage rather than berate.
5. Never sacrifice the dignity of a player in the face of defeat.
6. Sportsmanship must take precedence in victory or defeat.
7. Create a mental attitude that requires maximum effort at all times.
8. Accept only mistakes made through maximum effort. Do not accept errors caused by lack of effort.
9. Create an understanding that players achieve success through mental and physical preparation.
10. Make a concentrated effort to be a positive influence on the players, in the games and in life.

