



COACHES CHAT - U9 VERSION

This is a suggested approach for coaches to use for a discussion for kids 9 and under.

There are many reasons why we play sports! To have fun and meet new friends, but also to learn how to be a good friend, teammate and a kind kid too!

What does it look like to be a great team player?

It looks like checking in on each other, using kind words and caring for one another. We should encourage one another and help each other to do better. Saying “try again” if something doesn’t go well the first, second or even the third time! We want to be positive and we want to encourage each other to be the best we can be!

What does it look like to not be a fair team player?

It looks like using “not nice” words, like calling someone dumb or stupid or telling them they had a bad shift or made a bad play. It could be whispering a mean secret about another teammate or even hitting them on purpose. Being mean to someone makes them feel badly about themselves and the team. Your teammate may go home and be upset and cry and be mad and you may not even know it. They may not want to come back and play with us. Our words and actions matter!

If we yell at our team or tell someone they are not good at something, we make everyone feel bad. When someone is sad or mad, it makes it much harder to play together as a team or to have fun at the game.

You may not always notice when someone is feeling sad or badly about themselves. They may look the same to you as on any other day. Our words matter and you don’t want to make them feel worse. Everyone is different and how we look doesn’t tell us how someone is thinking or feeling inside. We are all different. Remember, inside everyone is a person who just wants to have fun and make friends on our team.

Words or phrases we can use to be a good teammate and make others feel good:

It would be really great if you guys could think of some of these on your own!

- I will start. How about, “Hey, good job! I really like the way you played out there”, or,
- “Wow! That was awesome!!”

Let’s remember to build each other up! To be positive! To encourage one another to be the best player and teammate they can be. I promise to check in on you all and I hope you check in on each other! I am glad that you are on this team. How awesome is it to hear “I am glad to have you on this team!” – try it with each other!

And remember, if you ever have a question for me/us about anything, you can speak to me, or your parents. We are here to help you with our sport but also to help you grow up to be a nice, kind person.

We are all going to put on these green wristbands and helmet stickers (etc.) to remind us of what we talked about today. Green is a super important color. It reminds us that we all need to try and care about ourselves and others. It will also remind us to use some of those positive phrases we talked about today. This is what Buddy Check for Jesse is all about!