



COACHES CHAT - U9 AND UNDER

Hey Team,

Sports are awesome because we get to have fun, make new friends, and learn how to be kind teammates. Being a great teammate isn't just about scoring goals or making plays—it's also about how we treat one another.

What does a great teammate do?

- Checks in on teammates.
- Uses kind words like “Great try!” or “You’ve got this!”
- Encourages others to keep going, even if it takes a few tries.
- Helps teammates feel included and part of the team.

What doesn't make a great teammate?

- Using unkind words like “dumb” or “you’re not good.”
- Whispering mean secrets or leaving someone out.
- Making fun of mistakes instead of helping someone try again.

When we use unkind words or actions, we can really hurt someone's feelings—even if they don't show it. They might go home feeling sad or not want to come back. That's why our words and actions matter.

Remember:

- You don't always know how someone is feeling on the inside.
- Everyone is different, but we all want to have fun and feel like part of the team.
- Saying something kind can make someone's whole day better.

Let's Practice

What are some positive things we can say to each other during games or practice?
Examples:

- “Great job!”
- “That was awesome!”
- “I'm glad you're on our team!”

Green Reminder

We're wearing including [insert your Buddy Check for Jesse swag:
- e.g. green wristbands/helmet stickers/shoelaces etc] to remind us to:

- Be kind to ourselves and each other.
- Encourage and support our teammates.
- Always Buddy Check if someone seems sad or left out.

That's what Buddy Check for Jesse is all about—being a good teammate, a kind friend, and making sure no one feels alone.