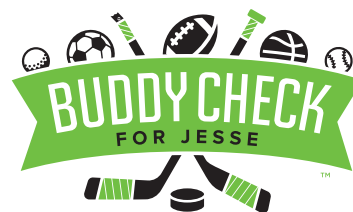


## COACHES CHAT: U9 AND UNDER



### Hey Team,

Today we are going to talk about something that is part of being a really good teammate. It is called a Buddy Check.

Playing sports is about learning skills and having fun, but it is also about making sure the people around us feel like they belong. A great teammate notices other people, uses kind words, and helps teammates when they are having a hard day.

### What Does a Great Teammate Do?

- Includes people and helps everyone feel part of the team.
- Encourages teammates, especially after a mistake.
- Uses words that build people up, like “Great try,” “You’ve got this,” or “I’m glad you’re on our team.”
- Notices when someone seems sad, worried, frustrated, quiet, or left out.
- Checks in and gets a grown-up if a teammate needs more help.

### You Do Not Have to Carry It Alone

If someone falls and hurts their knee, we can usually see that they are hurt. Feelings can be different. Someone might look okay but still feel sad, worried, lonely, or upset on the inside.

That is why we do not have to wait until someone tells us they are having a hard day. We can Buddy Check them.

### What Does a Buddy Check Sound Like?

- “Are you okay?”
- “Do you want to come sit with us?”
- “Want to play with me?”
- “You seem a little quiet today. Do you want to talk?”
- “Let’s go tell Coach if you need some help.”

### Team Challenge

Let’s think of three things we can do this week to make someone on our team feel included, encouraged, or supported.

Coach: invite a few players to share an idea. Keep it simple and positive.

### Our Green Reminder

We are using [insert Buddy Check green item here] as a reminder to:

- Be kind to ourselves and each other.
- Include people.
- Encourage our teammates.
- Buddy Check someone who might be having a hard day.

### One Last Thing

If you are worried about a teammate, or if you are having a hard time yourself, tell a coach, parent, teacher, or another grown-up you trust. Asking for help is always okay.

That is what Buddy Check for Jesse is all about: being a good teammate, being a kind friend, and making sure people know they are not alone