



# A Guide to Establishing a Sense of Community on your Team

Youth Football is uniquely positioned to bring families and communities together. Today, when families are busier than ever, parents and coaches must be intentional about establishing a sense of community on youth football teams to promote player enjoyment and belonging.

## Coach Actions

- Get to know the first names of all the parents on the team.
- Ask parents to help at training when you need it.
- Encourage players to interact with all their teammates by being thoughtful how you set up teams in training, etc.
- Clearly establish your boundaries in the coach-parent relationship in order to set the stage for parents to reach out to you in the “door open” moments. See the BOUNDARIES GUIDE for more details.
- Invite parents on your team to make suggestions for and plan an event for players and/or families outside normal football activities.

## Parent Actions to Encourage

- Get to know the names of all the parents on the team.
- Cheer for all the players.
- Wear the club colors at the games.
- Offer to help the coach at training, even if it involves supporting them in non-football related ways.
- Honor the boundaries of the coach-parent relationship by being familiar with the “door-open” and “door-closed” moments.
- Honor the important role you play in the team by encouraging and supporting all players and respecting the game.
- Plan an event for players and/or families outside of normal football activities.



# A Coaches Guide to Establishing a Sense of Community on your Team

Grassroots Football is uniquely positioned to bring families and communities together. Today, when families are busier than ever, parents and coaches must be intentional about establishing a sense of community on grassroots football teams.

## Coach Actions

- Get to know the first names of all the parents on the team.
- Ask parents to help at practice when you need it.
- Encourage players to interact with all their teammates by being thoughtful how you set up teams in practice, etc.
- Clearly establish your boundaries in the coach-parent relationship in order to set the stage for parents to reach out to you in the “door open” moments.
- Invite parents on your team to make suggestions for and plan an event for players and/or families outside normal football activities.

## Parent Actions to Encourage

- Get to know the names of all the parents on the team.
- Cheer for all the players.
- Wear your club colors at the games.
- Consider inviting all the players if you are inviting some of the players to a party or after game hang out.
- Honor the boundaries of the coach-parent relationship by being familiar with the “door-open” and “door-closed” moments.
- Honor the important role you play in the team by encouraging and supporting all players and respecting the game.

