

Center for the Advancement of Responsible Youth Sport (CARYS)

California State University, Fullerton

Inside this issue:

Drill Resources for Coaches	1
Kids Reflect	1
Let 'Em Play	2
Building a First Aid Kit	2
Just for Parents: What should my child be drinking?	2
Creative Fitness Ideas	4

Kids Reflect: What would you change about practice? by: Heather Hebert



Alice 8 yrs
"More time to practice my backhandsprings, so I can get better at them."



Andrew 11 yrs
"More time for conditioning, like push-ups and sit-ups."
con't. on Page 3

Drill Resources for Coaches By: Anthony Skinner and Clay Sherman

Novice or veteran coaches alike are often looking for resources to help create meaningful and exciting drills that kids will learn from and participate in with enthusiasm and vigor. Although there are hundreds of effective drills and activities that will help players develop, they are not always easy to find, especially considering the time constraints of the typical volunteer youth sport coach.

We have reviewed dozens of websites that list hundreds of drills that can be *immediately accessed* in helping you design meaningful and exciting practices. In reviewing websites, we focus on drills that would allow coaches to: (a) maintain safe practice conditions, (b) keep kids actively involved in learning, practicing and playing (we use the 80% rule - all kids should be mentally or physically active at least 80% of the total practice time), and (c) keep it fun for the kids. We have found the following resources to be very helpful in reaching those goals.

The following general and sport specific websites have been rated on a scale from 1 to 5 based on our perceived usefulness for most youth sport programs.

Youth Sports Resources:
<http://www.bagoodsport.com>
You will find helpful articles and checklists by youth sports experts, child psychologists,

and health & fitness experts.
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<http://www.y-coach.com>
Parents, coaches and athletes will find their drills to be based on the positive coaching model, with coaching drills and information for baseball, basketball, soccer, softball, track, and volleyball.
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<http://www.momsteam.com>
Geared for parents of children participating in youth sports to create a safer, saner, less stressful and more inclusive youth sports experience.
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<http://www.coachyourkids.com>
A resource center for parent and volunteer coaches that provides instructional drills, tips, and lessons for football, basketball, baseball, soccer, and volleyball. This site also offers a wide variety of quality books, videos, articles, sporting equipment and other resources.
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<http://www.guidetocoachingsports.com>
Reveals the secrets to coaching many youth sports, including: baseball, softball, basketball, cheerleading, football, golf, soccer, and volleyball.
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<http://www.eteamz.com/company/instruction/>
Hundreds of tips and drills from coaches around the

world that can liven up your practice or enhance skills.
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Sport Specific Resources: Basketball

<http://www.bbhighway.com>
Over 500 drills are included in the playbook submitted by coaches from around the world.
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<http://www.powerbasketball.com>
Articles on coaching youth basketball and improving an athlete's skills including, improving fundamentals, on and off-season conditioning, recommended summer basketball camps, and tips on the mental game. Also includes: coaching articles, a drill database, coaching tips, high school recruiting news, and product reviews.
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Cheerleading
<http://www.cheerplace.com>
Geared towards a wide variety of people including: cheerleaders, coaches, parents, and those thinking about trying out. The goal is to provide a content rich cheerleading site.
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Football
<http://www.oskie.com>
This site has football drills for all levels, including youth.
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con't. on Page 3

Which would you rather hear after a game: “We won, but I didn’t get to play” or “I have no idea who won, but I had a great time”?

Let ‘Em Play By: Nicole Perron

The discernable chitchat of parents and coaches echo in the small gym. Their mantra in perfect unison is directed toward the referee: “Let ‘em play.” Does this refer to a game that is being called too tight or does it really hold benefits for our children?

The benefits of spontaneous play led and directed by children are numerous. Children learn to cooperate while developing problem solving and social skills. More specifically, they learn how to communicate effectively. Surprisingly, backyard games

even encourage children to be creative. Unfortunately, the more organized the setting, these benefits seem to dissipate. Sport Sociologist Jay Coakley has offered, “In all, the emphasis in the organized setting is on the development of sport skills, not on the development of interpersonal skills.”

If you watch youngsters organize their own games, they are more concerned with prolonging the play than the end result. In a sandlot game, the pitcher’s goal is to get the batter to hit the ball so that a

“play” is created. Flexibility with the rules, such as the number of strikes in baseball, encourages play but also helps to avoid embarrassment associated with a relative lack of skills. Coakley noted that adults do the same thing. “None of us enjoy being overwhelmed by an opponent or over coming an opponent so weak that we never had to make an effort.”

I think we would all agree, as a coach or a parent, that
con’t. on Page 3

Building A First Aid Kit By: Heather Hebert

The importance of first aid is often overlooked by most coaches and parents. It does not become apparent or necessary until a player or athlete is injured. Some preventative measures that parents and coaches might consider are proper equipment such as shin guards, helmets and knee pads. All equipment should be properly fitted for maximum support and protection.

A safety measure that every coach and/or parent should consider is to have a first aid kit on-site during practice and games. When you go to your child’s event, you should make sure someone has, and knows how to use, a first aid kit. If they don’t, let the league representative know. Every league is responsible for providing a properly stocked first aid kit

to every coach or representative.

One specific parent, coach or official is in charge of calling 911 in case of an emergency. Too many 911 calls will slow the response team. This individual should have a cell phone readily available at all times. Most injuries result during practice time, due to the ratio of time practicing to competing. con’t on Page 3



American Red Cross

Just For Parents: What should my child be drinking? By: Trisha Raniewicz

One question parents may ask is, “what should my child be drinking before, during, and after competition?” Although many coaches, parents, and athletes do not realize it, dehydration can be a problem in a variety of sports, especially if the temperatures are warm. In fact, when a child is thirsty they are already partially dehydrated. Due to a preadolescent child’s special fluid needs, hydration is essential. Overall, the fact that a child adjusts more slowly to exercising in the heat makes hydration an extremely important issue for youth sport parents.

Some beverages that should be avoided include fruit drinks, orange juice, and sodas. These drinks do not have enough sodium to replace what is lost in sweat and promote rehydration. In addition, these types of beverages contain too much sugar, which can slow fluid absorption and may lead to an upset stomach. Despite its lack of electrolyte replacement quality, water is a good thirst quencher, but kids do not generally drink enough water be-

cause of the taste. Sports drinks, like Gatorade or PowerAde, that replace the fluids and electrolytes kids lose through sweat are probably the best choice for children. Undoubtedly, application of these recommendations on a daily basis may further enhance a child’s well-being and performance.

For more information, visit the National Alliance of Youth Sports website at www.nays.org.



Let 'Em Play (continued from p. 2)

acquiring problem solving skills, social management, cooperative behavior, and/or proper communication techniques are part of the reason that we involve our children with organized sports. That being said, how do we achieve these benefits in an organized setting?

If children are benefiting from creating their own game, then have them create their own drill. Delegate the responsibility to the athletes. We understand that coaches have the responsibility to teach and improve skills. So, give the team choices when instruction is necessary. Have them choose the drills that

will still be challenging and allow for maximal learning. Allow for more flexibility in your coaching style. Let the children resolve their own disagreements and problems to promote communication and social skills. Our goal is to promote a multidimensional person and player.

For the younger ages, maximizing play time is important for instilling a sincere interest in sport activities. Perhaps we should follow in the tiny footsteps of our children and be more flexible with rules, putting our children's experience before ours. Focusing the game on time would eliminate the desire "to

win" and encourage the involvement of every child. This would also allow for a "do over" and the unorthodox notion of wanting the other team to succeed, taking full advantage of more children getting involved with each play, thus, increasing play time and competition.

One final thought to consider: Which would you rather hear your child say after a game: "Yeah, we won, but I didn't have any fun because I never touched the ball," or "I have no idea who won, but I had a great time. I had two hits and I threw the ball to third and tagged some kid out"?

Drill Resources for Coaches (continued from p. 1)

Football con't.

<http://www.fbfor youth.com>
If you are a youth football coach with little or no experience, this site is for you. Includes a number of offensive and defensive systems, special teams, and coaching articles written by some of the best youth and high school coaches in America. * * * * *

Soccer

<http://www.soccerhelp.com>
This site consists of over 500

online pages of soccer drills, skills, rules, and tips.
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<http://www.soccerpracticebooks.com>
Interesting soccer drills to improve mental and physical fitness as well as team building can be found on this site. Many are designed to be conducted on 1/2 field, but can be expanded to full field if needed. * * *

Volleyball

<http://www.volleyweb.com>
This site walks you through becoming a coach and how to achieve success, while describing new and innovative drills.
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First Aid (continued from p. 2)

Some basics of a first aid kit include:

- Alcohol wipes
- Antibiotic creams
- Band aids of varying size/shape
- Ace bandages
- Sterile gauze pads
- Disposable ice packs
- Rubber gloves (latex and vinyl)
- Arm/ Shoulder slings (triangular bandages)
- Rolls of bandage/dressing

*NOTE: The American Red Cross offers classes in basic first aid and CPR for anyone who is interested. Contact your local chapter for more information.

Kids Reflect Con't. from p. 1



Emily 7 yrs
"More time practicing hip circles on bars."



Joey 9 yrs
"No change, I like my coach."

What is your favorite thing about gymnastics?



Hannah 10 yrs
"Learning new tricks, like backhandsprings."



Sammy 9 yrs
"Cool tricks on the pommel horse."



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**FOR MORE INFORMATION ON CARYS
OR FOR OTHER YOUTH SPORT RESOURCES**

CHECK OUT OUR WEBSITE:

<http://hdcs.fullerton.edu/knes/carys/home.htm>

CARYS Mission

Serving primarily Orange County, CARYS has as its mission the promotion of positive and developmentally appropriate sport and physical activity programs for youth populations. The goals of CARYS are based on the understanding that parents, leaders, coaches, and professionals have a responsibility to provide a safe, enjoyable, and developmentally appropriate experience for children and adolescents involved in organized youth sports. The structure of leagues, the training of coaches, and the behavior of adults and spectators ought to be consistent with this responsibility. As such, the mission and goals of CARYS reflect the needs of a community increasingly reliant on sport and physical activity as an important educational tool for healthy children and adolescents.

Keeping Kids Interested: Alternative Fitness Ideas for Children

By: Angela Fifer

As summer approaches, parents have more opportunities to let their kids play outside and reap the benefits of physical activity. Whether it is out in the backyard or traveling to a local park, there are many activities that parents can promote for their children. One activity that is easy to organize and requires very little equipment is Ultimate Frisbee.

Ultimate Frisbee is set up similar to football, with a rectangular field and a scoring zone at either end. The game begins with one team with possession of the Frisbee at the opposite end zone. The purpose of the game is to advance the Frisbee down the field by throwing it to other teammates. Once the Frisbee is caught, the player must stop and pass the Frisbee to another player. Players are not permitted to run with the Frisbee. The team scores if they complete a pass in the end zone. If the Frisbee is dropped or caught out of bounds, the other team gains possession of the Frisbee. No physical contact is allowed, but if it does occur, the players call a foul, which results in the other team regaining possession (or a “do-over” can be allowed). Most importantly is “the spirit of the game” conduct rule, which upholds sportsmanlike competition and respect for each other.

Besides the physical benefits of in-

creased endurance, speed, and coordination, Frisbee tag has many psychosocial benefits as well. It is a great way to promote cooperation with others, by choosing teams, communicating strategy within the team, and settling their own fouls. It is also a great opportunity for kids to learn about sportsmanship. This game is meant to be played for the enjoyment of the activity and to have fun with other kids.

Parents should also be aware of the weather conditions. The summer temperatures can reach quite high levels and kids need to wear sunscreen with an SPF of 30 or above. Parents also need to monitor their hydration levels. Kids sometimes get so caught up in playing that they forget to drink water or eat a snack. Parents can monitor this by having beverages and coolers nearby for the kids to rehydrate (see related story on page 2).

