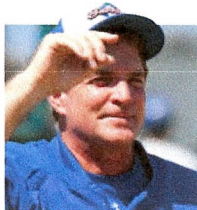


1 Create a routine. By implementing a regimented schedule for your athletes, it's easier to have accountability and gives athletes a structured plan for improvement. This doesn't only apply to the sport, though, but also to school and community.

"The same discipline that is applied on the field must carry over off the field," Weinke said. "Successful athletes create a routine and stick to it. The less distractions off the field results in more focus on the field."



2 Contentment leads to collapse. As

many successful people – whether it's in athletics, business, exploration or anything – can attest, finding excellence is hard, but

keeping it is even more difficult.

"A coach's personal development is not unlike that of a player," Bolek said. "Know your strengths and weaknesses while committing effort to reaching higher goals. Satisfaction sets your ceiling."

3 Don't waste practice time.

With the daily schedules for youth athletes becoming increasingly tight due to school, community and extracurricular demands, allotted practice time has become even more valuable.

"We always train in an environment that simulates a game," Durkin said. "Every drill and activity should have a very specific purpose and function."

4 Take time to plan. This applies to practices just as much as creating a plan/strategy for the competition.

From Borman: "Every great practice has been planned, studied, written down. It was prepared to address the points of emphasis in a diligent and well thought out manner. If a coach is willing to plan and prepare his practices in a professional manner, the players will notice and will take practice seriously. We make sure not to expect anything from our players that we don't first expect from ourselves."

5 Start at the base. Weinke starts every quarterback with a series of footwork drills that build a base. The same can be applied to nearly every sport, as balance and footwork provide the support to all movement.

"My philosophy is to build the athlete from the ground up. You must build a solid foundation to operate at a high level and it all starts with your feet. Regardless of your position, you create leverage, balance and torque from the ground up."

6 Stay positive. Negativity and a cloudy outlook sets a tone for your team. If you have doubt, so will your athletes.

"Face challenges with a positive attitude," Bolek said. "If you think you can do something, you have a chance. If you doubt you can do something, you have nothing."

7 Know when not to coach. The coach, obviously, plays an instrumental role in the teaching and guidance of a young athlete. However, there are times when it is better for a coach to sit back and observe.

"The coach has to know the game. The coach sets the objective. The coach demonstrates," Whelan said. "It's important to know when to stop the practice and when to let it flow. When you stop it, it can be very discouraging."



8 Teach athletes how to work hard. Dedication and

hard work are not necessarily habits ingrained in every athlete. These attributes can, and should, be taught.

"The ability to work hard is a skill, just like the development of a jump shot," Borman said. "It takes time and practice to learn how to consistently work hard without taking any shortcuts."

9 Encourage simplicity. During practices, training and film sessions, athletes are inundated with information to process. When competing, encourage your athletes to keep a clear mind by keeping it simple and focusing on a simple goal.

"The players who are the most successful keep it as simple as possible when competing. Don't overcomplicate," Brooks said. "The more you think about it, the more likely something will go wrong."

10 Develop athletes for future success. It's not all about winning right now. Your athletes should know that you are helping prepare them to not only succeed athletically, academically and socially right away, but at the collegiate level and beyond.

"Our players are trained so that they have the tools to achieve and succeed in not just getting to college, but at getting through college," Borman said.

