



Cornerstone  
YOUTH SPORTS

# BEING A CORNERSTONE YOUTH SPORTS COACH



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YOUTH SPORTS

## COACHING IS AN HONOR AND A PRIVILEGE!

- You have been invited to be a part of one of the most highly regarded positions in our country today!
- The position of “COACH” lends immediate influence and esteem.

### Being a Cornerstone Youth Sports Coach:

- Aligns you with the mission and objectives of CYS.
- Signifies you as a volunteer of Cornerstone Church.
- Holds you to a higher standard of behavior and self-control.
- Calls you to a higher level of commitment.

## COACHING IS A MINISTRY

- You become part of a group of men and women with similar **OBJECTIVES**.
- You become part of a group of men and women with similar **OPPORTUNITIES**.
- You become part of a group of men and women with similar **CHALLENGES**.

### OBJECTIVES:

#### What are our Coaching Objectives?

- Our primary objective in CYS is clearly defined by our mission statement:

*“To lead youth and their families to a saving knowledge of Jesus Christ through mentoring and instruction, utilizing sports”*

# Cornerstone Youth Sports Motto

- **“Laying Foundations for Our Youth”**

*“For no greater foundation can anyone lay than that which is laid, which is Jesus Christ.”*

1 Corinthians 3:11 NIV

- **“MORE than the GAME”**

*“Everyone who competes in the game goes into strict training. They do it to get a crown that doesn’t last; but we do it to get a crown that will last forever”*

1 Corinthians 9:25 NIV

- **“CROWNS...NOT TROPHIES”**

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## Our Secondary Coaching Objectives are:

- To provide quality instruction of the fundamentals of sports.
- To teach offensive and defensive schemes with specific assignments for each player.
- To provide a safe, fun, and distinctively Christian environment.

## Committing to these Objectives Guarantees Success!!

- We believe the right objectives coupled with the right work ethic...

*“Whatever you do, work at it with all your heart as working for the Lord, not men.”*

Colossians 3:23

- Results in Guaranteed Success...

*“Commit to the Lord whatever you do and your plans will succeed.”*

Proverbs 16:3

## COACHING presents OPPORTUNITIES!

- You have the opportunity to teach.
- You have the opportunity to learn.
- You have the opportunity to encourage.
- You have the opportunity to build confidence.
- You have the opportunity to motivate.
- You have the opportunity to set and pursue goals.
- You have the opportunity to teach life lessons.
- You have the opportunity to **build up youth for others.**

## Coaching OPPORTUNITIES

- You have the opportunity to build life-long relationships with fellow coaches, players, and parents.
- You have the opportunity to sow the seed of the Good News of the Gospel into a young life or family and watch the Holy Spirit cultivate it and hopefully see a harvest!
- You have the opportunity to make both an immediate and an eternal difference.

## Along with the OPPORTUNITIES comes CHALLENGES

- Coaching requires **courage**
- Coaching requires **commitment**
- Coaching requires **control**
- Coaching requires **companions**

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## Coaching CHALLENGES

- Coaching requires **COURAGE** It is sometimes lonely at the top!

It is always easier to sit back and critique those in charge than it is to stand up and lead!

*“So where are you men of courage? Where are you, fathers who fear the Lord? It’s time to rise up and answer the call that God has given to you, and to say, “I will. I will. I will.”*

From the movie “Courageous”

- Coaching requires **COMMITMENT**

Your Time: Coach certification, camp, tryouts, practice, game day, film, scouting, player phone calls, etc...the “work” of the programs.

Our Philosophy: Teaching the offensive and defensive schemes of the program.

## Commitment: Your Time

- To attend coach certification program.
- To attend coaches’ meetings.
- To attend the functions of the program (ie. CYS parent meetings, CYS Sunday, CYS celebration)
- To assist in the work of the program (ie. CYS camp, CYS tryouts, equipment fittings, intra-squad scrimmage, equipment collection, etc.)
- To be at practice when it starts until it finishes.
- To be at games early to prepare the players.
- To call and communicate with the players.
- Possibly the most rewarding time spent is when you call and communicate with the players\*



## Commitment: Our Philosophy

- You must adopt and adhere to the offensive and defensive schemes set forth by Cornerstone Youth Sports.
- For Example: We will run the same schemes from 5 to 6 year-old flag through 12 year-old tackle with minor adaptations approved by the Directors.
- This is not to stifle creativity, rather to encourage collaboration.
- **Rationale: Offense**
  - We have selected offensive schemes that match age-related skills with sound principles and terminology that are fundamental building blocks for our middle school and varsity program.
- **Rationale: Defense**
  - We have selected defensive schemes that provide specific assignments for each player with sound principles and terminology that are fundamental building blocks for our middle school and varsity program.
- **Rationale: Terminology**
  - We must speak the same language if we are going to communicate things effectively.
  - We must let go of the names of our old formations, motions, and numbering systems which have been difficult to master for new players.
- **Rationale: For Example - Tackling for Youth Football**
  - We have adopted the “Heads Up Tackling” endorsed by the USA Football. This requires independent certification and attending a tackling clinic that we will provide.
  - If we do not teach them to tackle at the youth level, it is not going to ever be taught!

- **Rationale: Coaches Helping Coaches**

- With all coaches running the same schemes, we can all help each other become better.
- A thorough knowledge of the schemes allows coaches to assist fellow coaches troubleshoot problems regardless of which age they occur.

- There are plenty of opportunities outside of CYS for individuals to create their own programs and implement their own schemes.
- In CYS, these decisions have already been made.
- For anyone who wishes to coach outside our accepted schemes, CYS is not for them.

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## Coaching CHALLENGES

- Coaching requires **CONTROL** – **self-control!**We have to control:
  - Our behavior or actions: towards players, parents and officials, both on the field and off the field, on the campus and off the campus. - Our habits: alcohol, tobacco...
  - Our language: that too?

### Self-control: Actions

- We must constantly be aware as Volunteer Coaches, we must represent Cornerstone Church and the Lord Jesus Christ both on the field and off.
- Detractors are anxiously awaiting a coach's outburst on the field to make derogatory references towards the Christian faith.
- We must constantly guard our testimonies, even while off the field, and reflect Christ in our actions.

### Self-control: Actions Respecting Authority

- The officials represent the authority figure over all aspects of each game.
- They are imperfect and will miss calls.
- They are imperfect and will make wrong calls.
- At times, they will not even know the rules themselves. (clock management, umpire calls)
- Maintain your sideline decorum: What are your tone of voice and body language communicating?

## **Self-control: Actions Tone of Voice and Body Language**

- It is not your place as a coach to question the authority of an official by yelling, throwing a fit, or demonstrating poor body language.
- Your actions will be mirrored in your players and parents.

## **Self-control: Actions Sideline Decorum**

- By throwing a fit, you are only hurting yourself and your testimony.
- You are ultimately hurting your team and your players in the long run.
- You may win the argument, but you will ultimately lose the war.

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## **Self-control: Actions**

### **EMPATHIZE without COMPROMISE**

- You can respectfully ask for clarification of a call or express a concern.
  - “Mr. Official, it is my understanding that the offensive line can use their hands as they are inside the shoulders. Is that correct? Yes sir, then can you watch...thank you!”
  - “Mr. Official, is it my understanding that if the player is on the LOS, then he cannot by definition, be in motion. Is that correct? Yes sir, then can you watch...thank you!”
  - “Mr. Official, is it my understanding that for a legal crack back block, the players helmet must be in front of the defender, not behind him. Is that correct? Yes sir, then can you watch...thank you!”
  - “Mr. Official, can you makes sure that they have 7 men on the line of scrimmage. It affects who is an eligible receiver and how we line up defensively.”

To do this, you need to be certain that you know the rules of the league by which you are participating, and the CYS rules and code of conduct.

## **Self-control: Actions**

### **EMPATHIZE without COMPROMISE**

But, try to empathize with the official!

If you respect him as one who is learning his trade (just as you and I are) and...

Give him the same level of respect you would like shown if you were officiating, you stand a much better chance of a favorable exchange.

## **Self-control: Actions Collateral Damage**

- Guess what? He's not going anywhere! You are likely going to be dealing with him for your entire career in Cornerstone Youth Sports.
- Guess what else? He's officiating other Cornerstone Youth Sports games also. So, do not mess everything up for the rest of us.
- Guess what else? Some of these guys officiate Monday, Tuesday, Thursday, and Friday nights! So, do not mess everything up for our other programs.

## **Self-control: Personal Habits of a Cornerstone Youth Sports Coach**

- No use of tobacco products at or around Cornerstone Youth Sports activities.
- No use of alcohol by Cornerstone Youth Sports coaches.
- No use of profanity by Cornerstone Youth Sports coaches.

## **Self-control: Language of a Cornerstone Youth Sports Coach**

- No use of profanity from our coaches.
- What may be acceptable at your house may not be acceptable at someone else's.
- No marginal language from our coaches. (ie. "sucks", "crap", "shut up", "stupid", "pissed")
- Replace the word "butt" with "bottom", "behind", or "fanny."

Remember...

- **CYS is a ministry of Cornerstone Church.**
- **Participation as a coach doesn't require that you attend Cornerstone Church, but you do need to be a Bible believing Christian, that has received Jesus Christ as their personal Lord and Savior.**
- **But, participation does require that you make decisions with the best interest of Cornerstone Church at heart.**

**Most importantly, remember...You are a Representative of Christ**

*“The greatest single cause of atheism in the world today is Christians, who acknowledge Jesus with their lips and walk out the door and deny Him by their lifestyle. That is what an unbelieving world finds simply unbelievable!”*

**Hey, although we strive for perfection, we expect failure...**

- **You will get knocked off, knocked down, or beaten at some point. You will “FAIL” at some point if you are human!**
- **Legendary Coach Vince Lombardi said: “Failure is not getting knocked down, failure is not getting back up!”**

**Neither God nor Cornerstone Youth Sports expects PERFECTION**

*“He who has begun a good work in you will carry it on to completion until the day of Christ Jesus!”*

Philippians 1:6 (NIV)

*“Even though a righteous man falls seven times, he rises again.”*

Proverbs 24:16 (NIV)

## Coaching CHALLENGES

- Coaching requires COMPANIONS.

We want to be a resource for you and your family.

We want you to grow spiritually through the ministry of Cornerstone Youth Sports!

### Companions: Worship Opportunities

- If you are not regularly attending another church, we would love to invite you to visit Cornerstone Church on Sundays!

Service Times: 8:30 a.m., 11:00 a.m. and 6:30 p.m.

For more information, *visit [sacornerstone.org](http://sacornerstone.org)*.

### Companions: Small Group Fellowship Opportunities

Visit [sacornerstone.org/smallgroup](http://sacornerstone.org/smallgroup) to locate a Small Group Fellowship in your area.

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## Coaching Challenges: Companions

- Our goal is to interact with you both on and off the field.
- Sharing in the challenges and victories of the journey with a co-laborer is extremely valuable and beneficial!
- We need each other! For encouragement, for insight, for accountability!
- We need each other for encouragement!

*“So encourage each other and build each other up, just as you are already doing.”*

1 Thessalonians 5:11 (NLT)

- We need each other for insight!

*“Plans fail for lack of counsel, but with many advisers they succeed.”*

Proverbs 15:22 (NIV)

- We need each other for accountability!

*“As iron sharpens iron, so one man sharpens another!”*

Proverbs 27:17 (NIV)

## Companions: The Need for Accountability

*“Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who has no one to pick him up.”*

Ecclesiastes 4: 9-10 (NIV)

## Summary

- You have been selected to be part of a unique ministry that has both immediate and eternal rewards.
- You have been selected because we believe you are willing to align with the mission statement and objectives of Cornerstone Youth Sports.
- We believe you will be richly blessed and highly successful for your hard work.
- We desire to grow together in the brotherhood of Christ and to support you and your family in this journey through prayer, counsel and small groups!

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