

Winning Youth Coaching - Dominate your Middle School Tryout

The bad from the current model

- Winning vs. Player Development
- \$\$\$\$
- # of Touches
- Overuse injuries - Increase by 70-90%
- Burnout - 70% of kids quit all sports by age 13
- Coaches raising your kids
- TAFH (Time Away From Home)

Travel Sports Math

- You can get roughly the same amount of coaching time, for less than 1/3 the cost
- Plus you choose the coach and teammates, and you don't sacrifice family time for all the practices and additional tourneys (44 hours away from home vs. 210!)
- Plus since your child is touching the ball 2x the amount per game (in a game that's 10 minutes shorter), and with 80% less practices - burnout is going to be much less!

Kindergarten - 3rd Grade

- Sport sampling
- Find coaches/programs focused on the athlete's development more than winning

4th Grade - 6th Grade

2 Key Development Activities

1 - Individual fundamentals

Hire a Pro!

- THE MOST UNDER-UTILIZED RESOURCE
- Individual private or 2-person semi-private lessons
- A few 1-hour sessions with a great technical instructor will help a child's fundamentals more than an entire season of travel sports, for a fraction of the cost.

Where do I find someone?

- Local high school coaches/assistant coaches
- CoachUp.com

2 - Team-play

Team play - Think Small

- It's all about # of touches!
- Leagues/tournaments with smaller amounts of players:
 - 3-on-3 tournaments for basketball, Box-lacrosse or 7-on-7 lacrosse tournaments, 5-on-5 flag football, Futsal soccer

Team play - Free Play

- Freeplay is still a key developmental activity!
- Provides:
 - Space to fail
 - Freedom to be creative (without adult telling them what they are doing wrong)
 - Teaches responsibility to set up games

Middle School Tryouts – How to Prepare Physically

4 Steps

1. Starter or team member?
2. Offseason workouts/open gyms
3. Out-condition everyone
 - Run
 - 3 core exercises
 - Multitask
 - The Talent Code
 - Deep/deliberate practice
 - Better reps not more reps – hire a pro
 - Small area games / Free play

Middle School Tryouts – How to Prepare Mentally

The 5 P's

1. Positive Mental Attitude – Visualization
2. Practice
3. Parenting – Self-worth
4. Play-up
5. Pre-tryout Nerves are OK and normal

Middle School Tryouts – How to stand out during the tryout

Before the tryout

- 'Optional' offseason workouts
- Summer camps

Attitude

- Eye contact
- Be a vocal, positive teammate
- Teachable
- Be Fun
- Thank you's

Effort

- Errors of aggression – YES
- Errors of omission – NO
- Play free
 - Quit practicing & go enjoy the game/tryout
 - Plan for handling mistakes
- Hustle, hustle, hustle.
 - Dive for loose balls.
 - Outrun throw to 1st

Want to know more:

Fill out your own Travel Sports Math worksheet at winningyouthcoaching.com/wp-content/uploads/2017/08/Travel-Sports-Math-Worksheet.pdf

Watch the video series at winningyouthcoaching.com/travelmath/

Sign up for weekly coaching/parenting tips: winningyouthcoaching.com/welcome

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