

A Practice Guide for Youth Coaches

While most coaches recognize the key role they play in promoting youth development, fewer than one-third of coaches have received training in how to do so. To close that gap, partners of the **Million Coaches Challenge** have trained one million coaches in youth development practices. The **MCC Practice Guide for Youth Coaches** identifies **12 core practices** and provides coaches with practical and actionable strategies that they can use, no matter the sport, age of their athletes, or experience level. This mini-guide is focused on the tenth core practice of regulating stress as a coach.



What It Is and Why It Matters

Coaching often means managing pressure, making quick decisions, and navigating tough conversations. Regulating stress and emotions helps coaches stay grounded, communicate clearly, and model positive behavior for athletes. When coaches manage their reactions intentionally, both in the moment and proactively, they create a calm, emotionally safe environment where athletes can focus, learn, and perform their best. Modeling composure also teaches athletes valuable life skills like self-awareness and emotional regulation.



What It Looks Like In Practice

ESTABLISHING CLEAR COMMUNICATION WITH COACHES, FAMILIES, AND LEAGUES

- Have open and clear lines of communication with all parties involved.

MANAGING STRESS AND EMOTIONS

- Acknowledge stress and use coping strategies.
- Incorporate ways to recenter and reset.

Quick Tips from MCC Partners



From the Center for Healing and Justice through Sport:

- ➔ Engage in breathing practices.
- ➔ Have a reset routine.
- ➔ Let athletes call their own timeouts.
- ➔ Move your bodies.



Explore the full Million Coaches Challenge Practice Guide for more strategies, examples, and coach tips on bringing these practices to life.