

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 twelfth core practice of committing to growth.



What It Is and Why It Matters

Committing to personal and professional growth means embracing continuous learning to become a more effective coach. Growth happens through formal training, collaboration with other coaches, reflection, and real-time adaptation to athletes' needs. By seeking feedback and learning from experience, coaches strengthen their ability to support athletes' development and model a focus on improvement. Ongoing learning helps coaches stay responsive, refine their approach, and create an environment where both they and their athletes can thrive.



What It Looks Like In Practice

ENGAGING IN CONTINUOUS LEARNING

- Actively seek out and participate in learning opportunities to grow their coaching skills.

Quick Tips from MCC Partners



From Little League International:

- Get trained in coaching basics.
- Learn about coaching techniques to identify and prevent physical, emotional, and sexual abuse.
- Utilize coaches resources and education tools.

- Participate in learning opportunities with other coaches in the league or community.
 - Observe other coaches' practices.
 - Participate in leaguwide professional development.

SEEKING FEEDBACK AND ADAPTING

- Coaches should be intentional about getting feedback from a variety of sources.
- Coaches can create a mechanism to solicit team feedback.
- Coaches can use feedback and team dynamics to adapt their coaching strategies and style.

Quick Tips from MCC Partners



From USA Weightlifting:

- Assessment
- Adjustment
- Be open to adapting coaching strategies and styles
- Seek to learn from youth athletes
- Collect feedback

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