



# CALLS FOR COACHES

## One-on-one check-in guide

*Formal and informal check-ins are a great way to continue building relationships with youth athletes. Use this document as guidance for one-on-one and team check-in meetings.*

*Keep in mind, formal meetings with kids should always be held with more than one adult present. Check out the [US Center for Safe Sport](#) for more guidelines on individual check-ins with minors.*

### Agenda

- I. Ask question and listen to your athlete's thoughts about the season
- II. Identify and address challenges and successes with your athlete
- III. Plan together by discussing how your athlete needs support
- IV. Look ahead and adjust goals for the rest of the season

### Question Guide

- How do you feel like this season is going?
- How do you feel like you are achieving the goals we outlined together at the start of the season?
- Do you feel like you have enough opportunities to participate on the team?
  - Are there specific activities on our team that you are interested in leading, either in practice, games or off the field?
- What are some skills you have learned throughout the season?
- What would you like to see done differently on our team?
  - How can we work together to make those changes those changes?
- What types of activities do you like the best? The least?
- Are there any challenges you are facing that you'd like to share?
  - Are there challenges you are experiencing on our team that we can work together to resolve?





## Mid-season Team Check-in

*In addition to regular team huddles, a formal mid-season check-in meeting serves as a good way to continue building relationships with your athletes and gather feedback on how the season is going, on and off the field. Consider the agenda and questions below to guide your planning process. When meeting in person is a challenge, consider hosting a virtual meeting with the full team, varying interactions between breakout rooms and full team discussion.*

*Be mindful of privacy and always copy a guardian on communications with young people. Whatever platform or resource you use, we recommend these [guidelines from the US Center for SafeSport](#) to keep you, your players, and families safe.*

### Agenda

- I. Lead group breathing exercise
  - a. *EXAMPLE: With everyone's hands on their bellies, breathe in together for 5 seconds and breath out together for 5 seconds. Do this 4 times. Ask athletes how they feel before and after the exercise.*
- II. Review goals and expectations set at the start of the season
- III. Quick Check-In: Share one word to describe the season so far and how you are feeling
  - a. *Do this exercise popcorn-style: start with coach who selects player, then have players continue to pass the question to another until everyone has responded.*
- IV. Reflect on what has been challenging this season and what has worked well
- V. Make a plan on how to address areas where team needs support
- VI. Review key takeaways





## Team Check-in Questions

- At the beginning of this season we outlined some goals that we wanted to achieve as a team, where do you think we are on each of these goals?
- Are there other goals that you would like to add to the list we created together that we can work towards?
- What are some ways I can adjust my performance as a coach to better meet your expectations that we discussed at the beginning of the season?
- What is working well on our team?
- What activities do you like most?
- What are some things that I can improve on as a coach to help you all achieve your goals?
  - Are there challenges that you are facing on the team that we can work together to resolve?

### *Questions for teams meeting virtually*

- When meeting in person is not possible, how have you been connecting with your friends and teammates?
- What are you most looking forward to when we next meet in person?
- What would you like to change when we get back together as a team?

