



INNER CITY YOUTH LEAGUE PROGRAM

Coaches Summary

Coaches instruct and work with athletes to prepare them for competition. Coaches help athletes to play their best individually and as a team. They are experts on the rules, strategies, and techniques of their sports. Coaches must also know about sports equipment, physical fitness and safety.

Coaches must know the requirements of their sport. All coaches must attend a training camp prior to coaching a team. The first task is to pick the players for a team. Selecting players involves knowing how to put together a balanced team and how to recognize potential athletic ability.

After a team is formed, coaches help the athletes work out plays and strategies that suit their talents. Coaches must also prepare players mentally for competition, since it is important for athletes to have the right frame of mind so they can perform to the best of their abilities.

Unity Community Development Corporation Inner City Youth League Program coaches will teach core values and life skills at an early age. It not about mastering or winning the game of the sport, but it's more about learning and demonstrating core values and life skills through the game of baseball.

What would a child gain to learn and be proficient at baseball, but not learn basic core values and life skills?

Our coaches core focus is using core values and life skills through all sports while improving the child's quality of life and character while having fun.

Thank You,

Patrick Edmon
Recreation Director
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