

CREATIVE INCLUSIVE COACHING

The Importance of Listed Expectations

"Rules" shared and agreed upon with the group, developed at the start of each day/activity

Can also be used for on the spot verbal requests - 1 or 2 steps at a time , with as few words as possible

Consistent use creates a more positive culture for participants and staff - more proactive

DIRECTIONS FOR USING LISTED EXPECTATIONS

- Expectations chart is a list of "rules" established by the group. This is a strategy that sets limits for children in a positive way.
- Engage participation from children in coming up with the "rules" and/or reading the expectations (generally 4-6 expectations)
- Set expectations at the beginning of each day (or activity where applicable).
- Use simple language that is age appropriate - using symbol, icons and/or words.
- Use positive language. Instead of saying "No bad words" say "Use nice words"
- Allow for processing time, ask participants to repeat back the expectations to ensure they received the info and understand.
- Be flexible to adjust the list when needed and/or to review again mid-practice. For example if the group is struggling with an expectation bring them together to add in another needed expectation or to have a general review.
- Provide positive verbal feedback when participants are engaging in expected behavior. "Great job Molly using nice words!"

TEAM EXPECTATION

USE NICE WORDS	
HANDS AND FEET TO YOURSELF	
LISTEN WHEN COACH IS SPEAKING	
HAVE FUN!	

For more information or guidance on how to ensure that

Lacrosse Is A Game For ALL



USLACROSSE.ORG

mergeconsulting.org

TEAM EXPECTATION

USE NICE WORDS



HANDS AND FEET
TO YOURSELF



LISTEN WHEN COACH
IS SPEAKING



HAVE FUN!



For more information or guidance on how to ensure that

Lacrosse Is A Game For ALL



USLACROSSE.ORG

mergeconsulting.org