Coach's Corner

Welcome to the Hastings YMCA Coach's Corner! On this page, our goal is to provide coaches with the necessary tools to be a successful coach in our leagues. Even if you do not have coaching experience, the information provided below will give you all you need to be plan effective coach.

INTERESTED IN BECOMING A COACH?

As a volunteer at the YMCA, you help shape and support your community and we thank you for your commitment. We value your involvement in the Youth Sports Program and your impact in influencing positive growth and development for young people.

COACH'S MEETINGS

Before the start of every season, we hold a coach's meeting to go over the necessary information needed to coach a YMCA youth sports team. Things covered at the coach's meeting include: pictures, practice information, teams/rosters, coach's expectations and roles, game day information, equipment needed, as well as a host of others. Coach's meetings are important to attend and it plays a vital role in being a YMCA coach.

CONCUSSION INFORMATION

Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

Concussion Training for Coaches

Concussion Fact Sheet for Coaches/Spanish Version
Concussion Information for Athletes/Spanish Version
Concussion Information for Parents/Spanish Version

FLAG FOOTBALL RESOURCES

1st-2nd Grade Season Practice Plan
3rd-4th Grade Season Practice Plan
Coach's Handbook
Rules
5v5 Plays
6v6 Plays   6v6 Plays (2)

SOCCER RESOURCES

3 Years-PreK Season Practice Plan
1st-2nd Grade Season Practice Plan
3rd-4th Grade Season Practce Plan
Coach's Handbook
Rules

VOLLEYBALL RESOURES

1st-2nd Grade Season Practice Plan
3rd-4th Grade Season Practice Plan
5th-6th Grade Season Practice Plan
Coach's Handbook
Rules

BASKETBALL RESOURCES

Rookie Practice Plans/Resources
Starter Practice Plans/Resources
All-Star Practice Plans/Resources
MVP Practice Plans/Resources
Coach's Handbook
Rules