



Being a coach certainly has its challenges. It can be tough to keep a dozen young athletes engaged. However, with those challenges comes a multitude of benefits, joys, and perks. Here are four benefits of volunteering as a youth sports coach.

#### **1. Giving Back**

Think back to your playing days. You didn't just run around aimlessly, right? Of course not, you had a coach! Your coach not only helped teach you new skills but also helped you develop your character and values. By volunteering as a coach you are filling those same shoes your coaches once filled and giving back to your community like countless coaches before you.

#### **2. Serving as a Role Model**

Being a volunteer coach with the YMCA is much more than teaching X's and O's. You are somebody that the players look up to and try to emulate. They see someone that they respect and admire. They don't judge you on your in-depth knowledge of the sport, they judge you for your leadership and your ability to be a positive role model.

#### **3. It's Fulfilling**

Try and remember the first time you picked up a basketball or kicked a soccer ball. You may not have been very confident in your skills. Truthfully, you had no idea what you were doing. Now think about the first basket you made or the first goal you scored. You were probably filled with excitement and joy. Chances are, your coach was filled with pride over your success. Being able to see players discover the joy for the game firsthand is uniquely rewarding.

#### **4. It's FUN!**

If you listen to professional coaches give post-game press conferences you may not think being a coach is enjoyable. But believe it or not, it's an absolute blast! There's nothing like leading a young group of players through a game or activity. Players aren't expecting their 1st grade coach to get them to the big leagues. What they're concerned about is whether or not practice will be fun, and you as the coach get to be the one responsible for their joy.

You may think coaching can be a daunting task, especially if it's something you've never done before. But have no fear because coaching is far more enjoyable, rewarding, and fun than you can imagine. Someday your players will look back on their playing days and be grateful that you were their coach.