



Assistant Coach Position

TITLE: ASSISTANT COACH
REPORTS TO: HEAD COACH
COMMITMENT: SEASONAL DEPENDING ON TOURNAMENTS
REMUNERATION: VOLUNTEER POSITION

Role

The Assistant Coaches role is to:

- Assist the Head Coach in recruiting, training, mentoring, and coaching of the players.
- Develop the skills of the athletes in the team.
- Prepare the athletes physically, mentally and socially so they are ready to play.
- Develop the skills of the athletes in their team.
- Meet regularly with the Team Head Coach to continue learning and growing as a Coach as well as participate in any other development opportunities offered.

Responsibilities and Duties

Providing a quality coaching service to athletes through:

- Building a positive, supportive and inclusive team environment that provides for athlete enjoyment, success and challenge.
- Assist with practice planning before practice, implementation of drills during practice, and analysis after practice.
- Attending all team games.
- Mentoring and developing players in the squad.
- Providing strong communication with and between players, parents, the Head Coach and the High Performance Head Coach around the progress of the team and the team members.
- Supporting the Head Coach during competition.
- Developing technical, tactical and life skills of the athletes.
- Being a role model and providing positive leadership.
- Evaluating personal performance.
- Following all aspects of the WLA code of conduct, policies and regulations.
- Represent the WLA in a professional manner.

Knowledge and Skills Desired

- Lacrosse knowledge
- Understanding the characteristics and needs of the players.
- Strong communication skills for the particular players being coached.
- A willingness to learn and develop.