



INCLUSIVE COACHING BEST PRACTICES

This Inclusive Coaching Best Practices is meant to be a supportive guide, not a requirement to do everything at once. It highlights best practices that coaches can explore and apply over time, without any expectation of expertise. Coaches are always encouraged to reach out to the LVLL Board for support, whether they're looking to brainstorm ideas, ask questions, or talk through individual situations.

TEAM CULTURE & INCLUSION

- ☐ **Promote respect & belonging:** Clearly communicate that all players are valued team members.
- ☐ **Use inclusive language:** Avoid gendered or ability-based phrases. ("throw like a girl," "you're slow")
- ☐ **Celebrate diversity:** Acknowledge different cultures, family backgrounds & learning styles.
- ☐ **Zero tolerance for bullying:** Establish and enforce clear anti-bullying and anti-discrimination rules.
- ☐ **Model inclusion:** Demonstrate inclusive behavior as a coach—players will follow your lead.

PLAYER DEVELOPMENT & LEARNING

- ☐ **Know your players:** Learn each player's name with the correct pronunciation, preferred pronouns, and learning style.
- ☐ **Focus on skill-building over winning:** Prioritize growth, fun, and effort.
- ☐ **Adapt instruction:** Use multiple teaching methods—visual (demonstrations), verbal, and kinesthetic.
- ☐ **Set individual goals:** Help each player identify personal growth targets.
- ☐ **Give constructive feedback:** Use the "compliment–correction–compliment" method.

PRACTICE & GAME MANAGEMENT

- ☐ **Ensure equal participation:** Rotate positions and batting order fairly.
- ☐ **Modify drills for inclusivity:** Adjust distance, speed, or ball size so all players can engage successfully.
- ☐ **Build confidence:** Start each session with achievable drills to create early success.
- ☐ **Maintain safe environments:** Check for hazards, ensure equipment fits each player properly.

EMOTIONAL SAFETY & SUPPORT

- ☐ **Encourage open communication:** Let players know they can talk to you about concerns.
- ☐ **Manage emotions positively:** Teach coping strategies for frustration or disappointment.
- ☐ **Model good sportsmanship:** Show respect for umpires, opponents, and parents.
- ☐ **Celebrate effort:** Praise hustle, teamwork, and persistence more than winning.

PARENT & COMMUNITY ENGAGEMENT

- ☐ **Communicate proactively:** Send clear updates about schedules, expectations, and policies.
- ☐ **Invite family participation:** Encourage volunteering, cheering, and community events.
- ☐ **Address concerns early:** Handle conflicts calmly and transparently.
- ☐ **Share inclusive values:** Explain your emphasis on respect, fairness, and development.

ACCESSIBILITY & EQUITY

- ☐ **Check for barriers:** Ensure all facilities, uniforms, and activities are accessible (mobility, sensory, financial).
- ☐ **Offer flexible options:** Allow modified drills or breaks for players with different needs.
- ☐ **Seek feedback:** Ask parents and players if additional accommodations would help.

For any questions or concerns, please email: dei@lvll.ca

