

Overtime  
Athletics

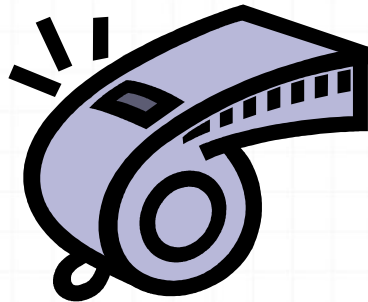
# Disciplining Kids

# Discipline

- In our classes discipline helps keep class **safe** and **fun** for all students
- It is about teaching kids right from wrong
- Emphasize **RESPECT** (coaches, other kids, equipment)

# First Five Minutes

- o Set a tone for class
- o Go over rules
- o Enforce rules if they are being broken
- o Consistency and follow through are essential



# Tone

- Normally, an OTA coach should have a lighthearted, fun and silly tone
- If enforcing a rule, your tone should be serious, but not yelling
- Stay calm
- Don't lose your temper

# Be Clear

- o Clearly state **what rule was broken** or what the child did wrong

# 3 Strikes

- o There should be a 3 strike process when disciplining kids
- o Strike 1 – Remind child of what rule they broke
- o Strike 2 – Sit child out for a few minutes
- o Strike 3 – They cannot participate for the rest of class, coach must address issue with parent at dismissal

# The “Penalty Box”

- o If a child breaks a rule, have them sit out on the sideline for a short amount of time (1-2 minutes)
- o Use the term ‘penalty box’ rather than timeout.



# Consequences

o Can be effective motivators for good behavior

o Example:

**“You can’t play in the scrimmage if you keep breaking the rules”**



# No Physical Punishment

- o We are not drill sergeants
- o Do not punish a child by making them do pushups, sit ups or any other physical activity
- o **No physical contact with the students AT ALL**

# Be Consistent

- o If you sit one child out for breaking a rule, you must also sit out any other child that breaks the rule

# Follow Through

- When the child's timeout is over, ask them if they are ready to follow the rules and rejoin class

# Persistent Behavior Issues

- If there is a behavior issue that arises each class, **notify your PD**. The PD will bring the issue to the attention of the PTA and parents.

# Emergency Behavior Issue

- o If there is an emergency behavior issue (a child is acting in a way that is putting the safety of another child at risk) then find a PTA rep, teacher or administrator to help regain control of the class

# The 2 Minute Rule

- o Do not take more than 2 minutes to deal with a discipline situation
- o Address the issue and then MOVE ON
- o Class should be FUN!

# REMEMBER

- o You are not alone in dealing with behavior issues. Your PD is here to help you.
- o These discipline suggestions are for extreme or persistent cases.
- o Our classes are **silly** and **fun**. Keep things upbeat and lighthearted.