The Importance of Listed Expectations
"Rules" shared and agreed upon with the group, developed at the start of each day/activity
Can also be used for on the spot verbal requests - 1 or 2 steps at a time, with as few words as possible
Consistent use creates a more positive culture for participants and staff - more proactive

DIRECTIONS FOR USING LISTED EXPECTATIONS

• Expectations chart is a list of “rules” established by the group. This is a strategy that sets limits for children in a positive way.
• Engage participation from children in coming up with the “rules” and/or reading the expectations (generally 4-6 expectations)
• Set expectations at the beginning of each day (or activity where applicable).
• Use simple language that is age appropriate - using symbol, icons and/or words.
• Use positive language. Instead of saying “No bad words” say “Use nice words”
• Allow for processing time, ask participants to repeat back the expectations to ensure they received the info and understand.
• Be flexible to adjust the list when needed and/or to review again mid-practice. For example if the group is struggling with an expectation bring them together to add in another needed expectation or to have a general review.
• Provide positive verbal feedback when participants are engaging in expected behavior. “Great job Molly using nice words!”

TEAM EXPECTATION

| USE NICE WORDS   | • | • |
| HANDS AND FEET TO YOURSELF | • | • |
| LISTEN WHEN COACH IS SPEAKING | • | • |
| HAVE FUN!        | • | • |

For more information or guidance on how to ensure that Lacrosse Is A Game For ALL

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