

**DON'T JUST FINISH
THE SEASON.
LEARN FROM IT.**



The Season Review: Reflect & Reset

June is your pause before the next push. This month, we guide you through a simple check-in to reflect on your season through an equity lens—looking at what girls actually experienced, not just outcomes on the scoreboard. By taking a few intentional steps to assess your team climate now, you'll be ready to make meaningful, informed adjustments during your July "Summer Reset."



Summer Reset

Watch Now

Be *HER* Reason to Stay in Sport

HER GAMEPLAN

1 Complete the Coach's Checklist.

Get the checklist at www.coachingher.com/coachchecklist

Set aside 15–20 minutes. Be honest, the goal is clarity, not a passing grade.



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2 Ask one question you've never asked.

Before the season ends, ask each athlete:

“What’s one thing I could do differently to make this better for you?”



Accept the answer without defending.

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3 Celebrate effort at the final gathering.

Recognize athletes for *growth, courage, and showing up, not just stats and trophies.*



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FEATURED ARTICLES



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BEST PRACTICE GUIDELINES FOR COACHES

The Five Environments She Played In: A Coach's Guide to Reflecting Beyond the Scoreboard

For Coaches: A Coach's Guide to Reflecting Beyond the Scoreboard

Every girl on your team is playing within many facets of the environment created by you, from the emotional to the physical. This guide helps you move beyond the win-loss record to ensure your coaching style fosters the true belonging and body confidence that keeps girls in the game.

[Read More >](#)



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THE CAR RIDE HOME: WHAT YOUR DAUGHTER ACTUALLY REMEMBERS ABOUT THIS SEASON

For Parents: What Your Daughter Actually Remembers About This Season

Your daughter might not remember her stats, but she vividly remembers what happened on the drive back from a loss. Learn how to turn the "most underestimated coaching environment" into a space where her confidence, not just her performance, is built for the long term.

[Read More >](#)

JUNE REFLECTION

REFLECTION:

What is one thing I can improve in my coaching, based on athlete feedback?



Champion of the Month: Saline FC



June is the ultimate "pause before the next push". In the world of youth sports, it's a time to step back from the win-loss columns and look closely at what our athletes actually experienced on the field. It's about assessing our team climates through an equity lens so we can make meaningful, informed adjustments moving forward.

[Read "How Saline FC is Rewriting the Narrative for Girls in Soccer" >](#)

Amplifier of the Month

Hello Insight is a youth-development evaluation platform. In plain terms, they help youth-serving organizations measure whether their programs are actually helping young people grow. They do that



through research-based surveys, predictive analytics, and automated reports that track outcomes like confidence, connection, leadership, and other indicators of thriving.



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