

COACH-ATHLETE COMMUNICATION



Why Children Play Youth Sports

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(Activity) Why Do We Coach: AUDIENCE PARTICIPATION



- Why are you here?
- What do you want to accomplish as a coach?

- Conference Championship
- Super Bowl & Trip to the Nat'l Championship
- Beat "So & So"
- Give back to the community
- Teach specific skills & strategies

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AUDIENCE PARTICIPATION

WHY DO CHILDREN PLAY YOUTH SPORTS?

Including:

Cheerleading/Dance

&

Football



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WHY CHILDREN PLAY SPORTS

SURVEY SAYS...

TOP 5 REASONS WHY YOUTH SAY THAT
THEY PLAY SPORTS



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WHY CHILDREN PLAY SPORTS

SURVEY SAYS...
TOP 5 REASONS WHY YOUTH SAY THAT
THEY PLAY SPORTS

1. Have FUN!!!



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WHY CHILDREN PLAY SPORTS

SURVEY SAYS...
TOP 5 REASONS WHY YOUTH SAY THAT
THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends



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WHY CHILDREN PLAY SPORTS

SURVEY SAYS...
TOP 5 REASONS WHY YOUTH SAY THAT
THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends
3. Learn New Skills



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WHY CHILDREN PLAY SPORTS

SURVEY SAYS...
TOP 5 REASONS WHY YOUTH SAY THAT
THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends
3. Learn New Skills
4. The Excitement of Competition



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WHY CHILDREN PLAY SPORTS

SURVEY SAYS... TOP 5 REASONS WHY YOUTH SAY THAT THEY PLAY SPORTS

1. Have FUN!!!
2. Be on Team – Be with Friends
3. Learn New Skills
4. The Excitement of Competition
5. **Get in Shape**



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WHY DO WE COACH?

- **For the Kids?**
- **Which Kids?**
 - The ones we fathered or mothered?
 - The ones on our team?
 - The ones in our neighborhood?
- **What about the kids on other teams and in other neighborhoods?**



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WHY KIDS STOP PLAYING SPORTS

Top 5 Reasons Why Youth Drop Out of Sports



1. **Lost interest (boring.)**
2. **I was not having fun.**
3. **It took too much time.**
4. **Coach was a poor teacher (always hollering.)**
5. **Too much pressure (worrying about the coach getting mad.)**

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CHECKPOINT: Potential Test Question

According to a survey of youth participants, which of the following is the main reason that athletes participate in Pop Warner?

- a) To become professional athlete
- b) To listen to coaches yell
- c) To have fun
- d) To get out of doing homework




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 **CHECKPOINT:**
Potential Test Question

According to a survey of youth participants, which of the following is the main reason that athletes participate in Pop Warner?


- To become professional athlete
- To listen to coaches yell
- To have fun**
- To get out of doing homework



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How to Keep Young Athletes Involved in Football & Cheerleading

- Emphasize Learning New Skills and Improving Existing Ones.**
- Have Fun.**
- Maintain a Safe Environment.**
- Challenge Athletes with Physical Exercises in a Creative Way.**
- Give participants a Sense of Belonging to a Team**



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Benefits of Keeping Youth Involved in Team Sports

- Improves concentration
- Reduces stress & depression
- Boost self-confidence (self-esteem)
- Improves social skills
- Establishes leadership traits
- Encourage academic success
- Reduces risk of drug abuse,

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Effective Communication

- Get to know your participants
- Communicate that you care
- Let them know that they matter to you
- Remember, communication includes both the words we use (verbal) and our body language and gestures (non-verbal)



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Coach-Athlete Communication

Effective Communication

**“ATHLETES DON’T CARE
WHAT YOU KNOW,
UNTIL THEY KNOW
THAT YOU CARE!”**



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CHECKPOINT:

Potential Test Question

Young people who play sports are less likely to smoke, drink, try drugs, or join gangs.

- a) True
- b) False



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CHECKPOINT:

Potential Test Question

Young people who play sports are less likely to smoke, drink, try drugs, or join gangs.

- a) **True**
- b) False



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