



Annual Conference and Exhibit Show

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OMNI ORLANDO RESORT
AT CHAMPIONSGATE

“Hey Coach”; Self-Analysis Approach for a Positive Youth Sports Experience

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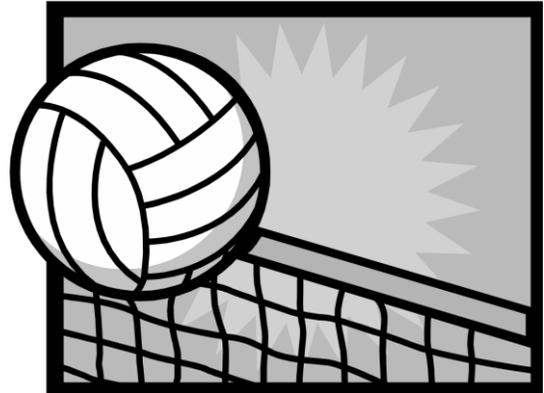


Linked in



“It’s About Them”

Current Youth Sports Challenges



National Youth Sports Statistics:

Youth Sport Statistics (Ages 5-18) March 2017

Data

Number of kids who play organized sports each year	36,250,000
Percent of parents who are worried about injuries in youth sports	87 %
Percent of kids who play sports outside of school	60 %
Percent of boys who play organized sports	66 %
Percent of girls who play organized sports	52 %
Percent of coaches who are parents coaching their own kids	85 %
Percent of corporation executives who played sports	73 %

KIDS ARE LEAVING SPORTS SIGNIFICANT DECLINE IN PARTICIPATION AMONG 6-12 YEAR OLDS



Aspen Institute Feb 2015

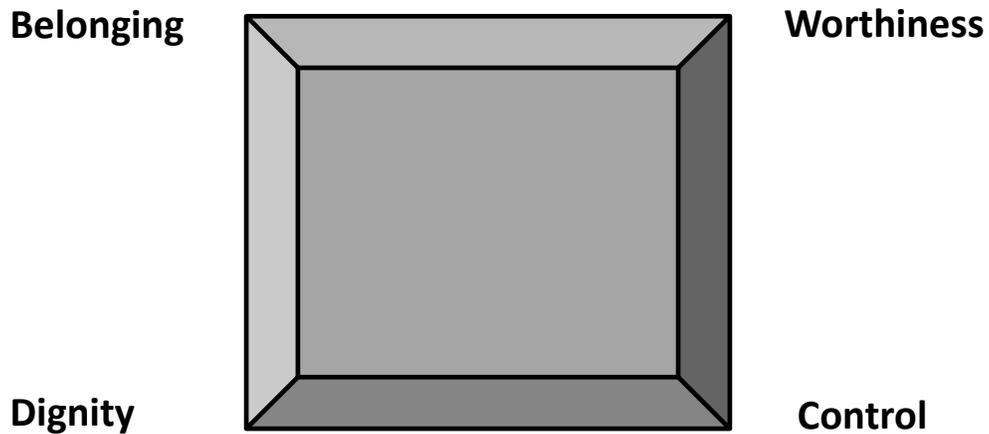
<http://www.aspeninstitute.org/about/blog/7-charts-that-show-the-state-of-youth-sports-in-the-us-and-why-it-matters> [Top 10 Reasons Kids Play Sports](#)

Friends	Sense of Belonging
Skill Improvement	_____Time
_____	Playing Time
Play Together	Parental Approval
Winning Team	Not be embarrassed

70% of participants drop out of youth sport programs along the way to high school. Some reasons can be attributed to: (Cary 2004)

- Overemphasis on winning as the objective with resulting increases in pressure to win and achieve
- Stress on high performance that translates into longer hours of practice, longer seasons, and specialization in one sport at an early age
- Expenses of participation, traveling teams, sport camps, sport academies, coaching, and equipment that are out of reach of middle-class families
- Increased injury incidence due to inordinate demands on young bodies
- Increased participation in alternative sports by young people who are turned off by traditional adult-organized programs
- Lack of training for youth coaches and the resulting frustration of kids who take orders from well-intentioned but misguided coaches
- Earlier starts in youth sport (sometimes as young as 3 or 4 years of age); children simply grow bored with a sport after a number of years

Self Esteem: The 4 Cornerstones



- What kids HEAR about themselves is the basis for their self-review.
- Kids usually SCREEN OUT whatever doesn't match their self-image created from the self-review.

NOTES:

Coaches:

Percent of kids who said they had been called _____, or _____ by coaches...

45.3 % or **4,530** - 5 – 14 year old children



Coaching Styles:

The Winner

_____ is to win at all costs.

Not necessarily strong at teaching fundamentals. Need players to meet their standards.

The Parent *(85% of all youth sport coaches)*

They want to make sure that their player gets an opportunity to succeed.

Difficult to _____ themselves from their player.

Can be overly tough on their player or overly easy on them.

The Big _____

Fun-loving people that are just there to showcase their own talent.

Tend to lose touch with their primary purpose for being there.

Make the mistake of trying to be everyone's _____.

The Teacher

Priority is to _____ the game and to _____ young players

Put high priority on teamwork and sportsmanship

More of a mentor than a coach



Self-Analysis Is Critical

Why do I want to be a coach?

Values Inventory:

- Are you coaching for yourself?
- Is it for the love of the game?
- Giving back to the sport?

What Kids Want from a Coach

The answers they gave researchers

<http://youthreport.projectplay.us/the-8-plays/train-all-coaches>

- | | |
|----|---------------------------------|
| 1. | RESPECT AND ENCOURAGEMENT |
| 2. | POSITIVE ROLE MODEL |
| 3. | CLEAR, CONSISTENT COMMUNICATION |
| 4. | KNOWLEDGE OF SPORT |
| 5. | SOMEONE WHO LISTENS |

Adults who work with kids should know these fundamentals.

Parents:

Self Analysis Is Critical

What Do I Want For My Young Athlete *Values Inventory:*

- What kind of coach do I want for my child?
- What role do I see myself playing?
- How am I supporting my child in this sport?



The Virus

They move from parent to parent and _____ and stir up_____.

Like to blame the coach and/or organization for everything. Hard to get rid of and their negative ideas are contagious.

The Pessimist

They will _____ about everything.

Nothing is good enough and will seek out other parents to 'get on board'.

The Intimidator

They are the _____ and will stop at nothing to get their word across.

The ultimate _____ parent.

Try to intimidate the coaches.

The Optimist

Always _____ and look at everything from an unbiased and realistic perspective.

They cheer for every player and wish the best for everyone.

Seek out players to tell them how well they did or lift the spirits of those that struggled.

The Bragger

The Invisible

The Kiss-Up

The Visionary

The Pacer



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the reason they can play so good
is cause their parents aren't
yellin' at 'em from the sidelines

“It’s About Them”

Practices and Policies

- Empowering _____/_____
 - Experience beyond the game
 - Encourage self-analysis
 - Communication
 - Organizational support
 - Best practices
-
-
-

Young people that participate in sports and other extracurricular activities:

- Higher graduation rate
- Healthier eating habits and reduced obesity
- Reduced anxiety and depression
- Greater sense of self esteem
- 73% of male corporate executives played sports
- 61% of female corporate executives played sports

THANK YOU FOR WHAT YOU DO!

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Kids, Sports and Self Esteem: Parent Checklist

Grade yourself on each of the following 20 items
(0 = Never 1 = Sometimes 2 = Always)

- _____ 1. I praise my kids just for participating in sports, regardless of their athletic skills.
- _____ 2. I try to make sure my kids feel that they belong in our family regardless of their athletic skills.
- _____ 3. I remind my kids that they are worthwhile as persons, regardless of athletic skills.
- _____ 4. I treat my kids with respect, avoiding put-downs, sarcasm or ridicule on the field or off.
- _____ 5. I help my kids develop a feeling of being in control in sports, helping them develop skills through practice.
- _____ 6. I remember to look for, and make a “big deal” out of positives with my kids, on and off the field.
- _____ 7. I help my kids recognize even their smallest progress in youth sports activities.
- _____ 8. I praise my kids for specific behaviors, keeping a four to one ratio of positives to negatives, on the field and off.
- _____ 9. I remain calm when my kids make a mistake on the field or off, helping them learn from their mistakes.
- _____ 10. I remind my kids not to get down on themselves when things aren’t going well in youth sports.

- _____ 11. I remember not to take myself too seriously when it comes to my involvement in youth sports.
- _____ 12. I remind myself to laugh and keep a sense of humor, on the field and off.
- _____ 13. I remind my kids to laugh and keep a sense of humor, on the field and off.
- _____ 14. I emphasize teamwork and a team identity in team youth sports.
- _____ 15. I help my kids think “we” instead of “me”.
- _____ 16. I try to “get into my kids’ shoes,” and see youth sports through the eyes of my youth leaguers.
- _____ 17. I get involved and show an interest in my kids’ sports activities.
- _____ 18. I keep my expectations reasonable when it comes to my kids, on the field and off.
- _____ 19. I show my kids a good example of sportsmanship and self-esteem.
- _____ 20. I maintain a “fun is number one” attitude in youth sports.

(reprinted from A Guide for Parents; It's Just a Game! Youth Sports and Self-Esteem Darrell J Burnett; Ph.D)