



# “Hey Coach”;

Positive and Practical Approaches for the  
Youth Sports Experience

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# “It’s About Them”

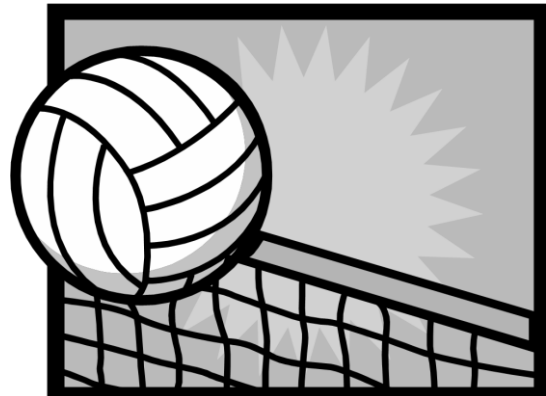
## Current Youth Sports Challenges

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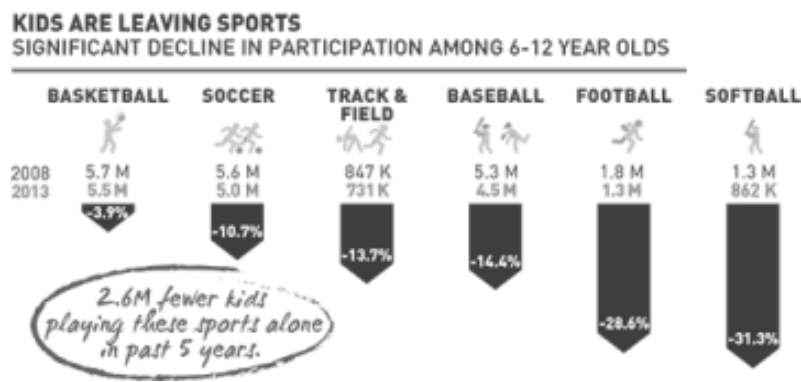
## National Youth Sports Statistics:

\_\_\_\_\_million kids played organized sports

60% played sports outside of school

66% of them were boys

52% of them were girls



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  
Skill Improvement

\_\_\_\_\_

Play Together  
Winning Team

Sense of Belonging  
\_\_\_\_\_Time  
Playing Time  
Parental Approval  
Not be embarrassed

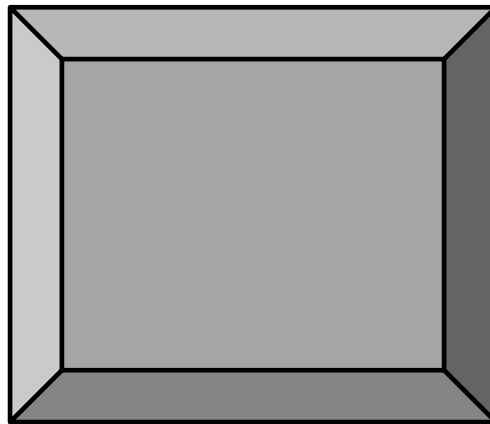
## Self Esteem: The 4 Cornerstones

Belonging

Worthiness

Dignity

Control



- 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.

## 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 get 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

- |    |                                 |
|----|---------------------------------|
| 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.*

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

## 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



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

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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)*