



Be a Better Coach

Ayr Minor Softball
2016





Why Be a Better Coach?



Thank you for volunteering to be a Coach!

Coaching can be very rewarding but it is also a very important role in the development of young children. The coach is an authority figure who can shape the life of a young person dramatically. With this fact comes a great responsibility for coaches to ensure they are providing the best possible sports experience for all players. This course will help you to identify how to do this and get the most for everyone out of your coaching endeavor.

As with the kids, it is important that you too enjoy the job and have fun!

This program is based on training available from:

National Coaching Certification Program (NCCP)

High Five Sport

Softball Canada Long Term Player Development Program (LTPD)



NCCP – National Coaching Certification Program

- **Community**, Competition and Instruction streams
- Includes Theory, technical and practical components



HIGH FIVE®

- Canada's quality standard for children's recreation and sport

Long Term Player Development Model

- Identifies the key stages of development as well as the ten (10) key factors influencing player development. It is general in nature and outlines general training and competition objectives based on the developmental age of players.





Long Term Player Development (LTPD)

Softball Canada's programs are developed in accordance with their LTPD based on Canadian Sport for Life (CS4L) Long Term Athlete Development model. It is founded on the latest sport science research and best practices nationwide. This program is used as a model in many other countries.

- Stage 1: Active Start (0-6 years)
- Stage 2: FUNdamentals (F 6-8, M 6-9 years)

Note that the age groups start to differ between boys and girls. This is due to different physical and emotional development rates.

Always consider the development age of the child ahead of the chronological age. Ex. A mature 6 year old may be better suited to being with 7 and 8 year olds or vice versa.





What does LTPD Mean for Softball



- During the first few years of softball an emphasis will be on the development of physical literacy. This includes all of the necessary movement skills as well as basic softball skills (catching, throwing, hitting).
- They will learn to control their own bodies in a more general way suitable to most sports.
- Some activities may seem unrelated to softball but are supporting the underlying skills development necessary to participate in the sport.



Why Do You Want Your Kids to Play Sports?

What are the main reasons we want our kids to play?





Why Do You Want Your Kids to Play Sports?

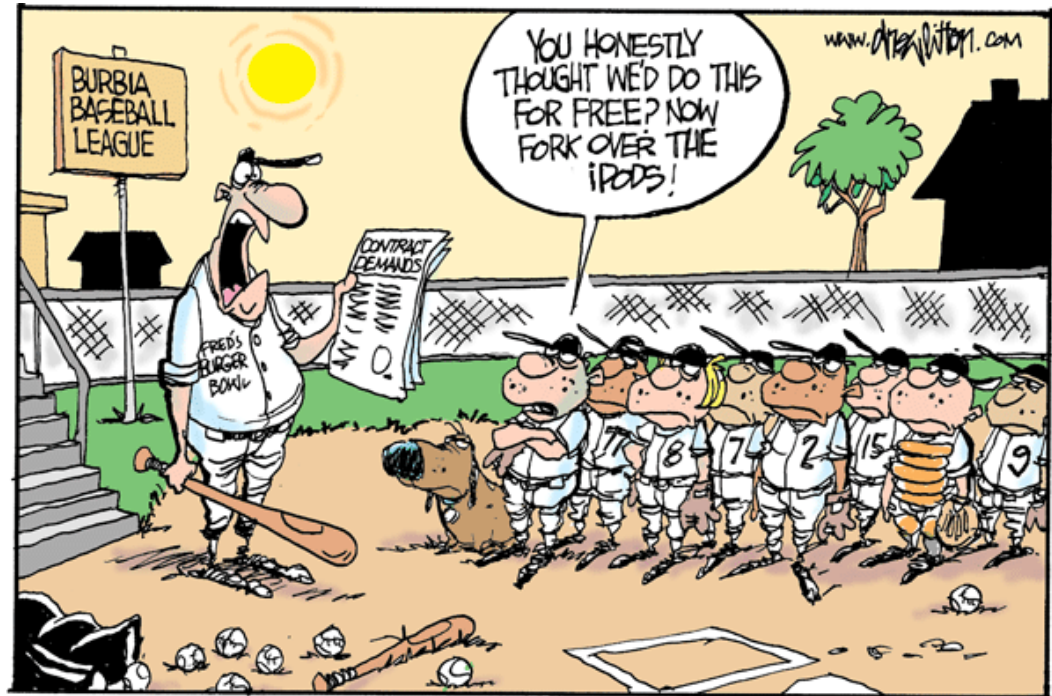
What are the main reasons we want our kids to play?

- To have FUN
- To improve skills
- To stay in shape
- To learn teamwork
- To make friends





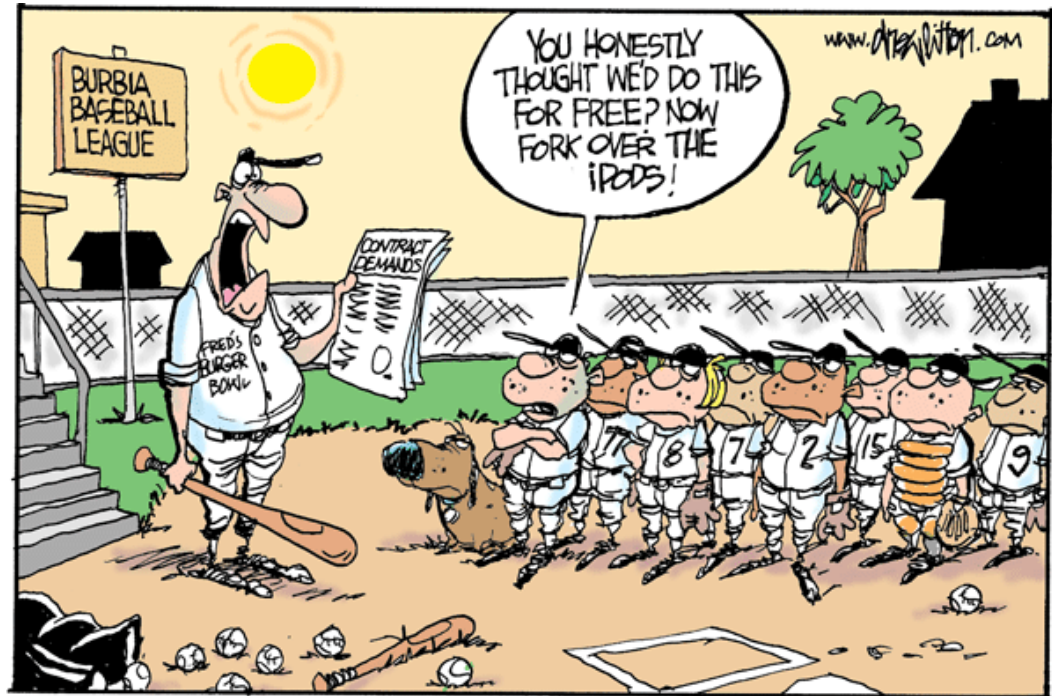
Why do Kids Play Sports?





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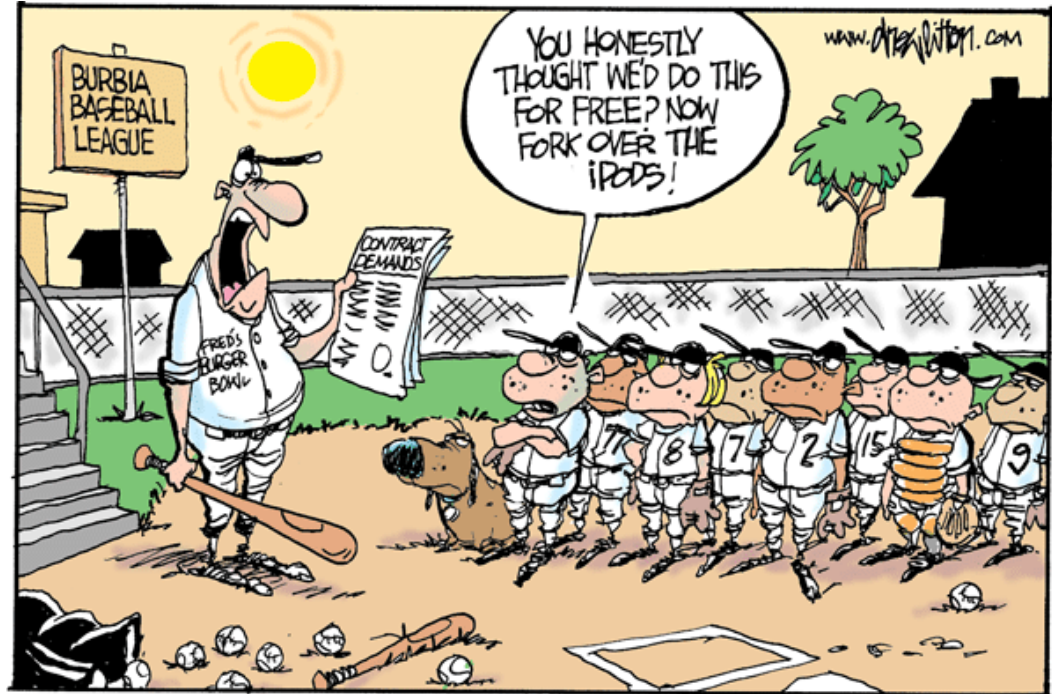




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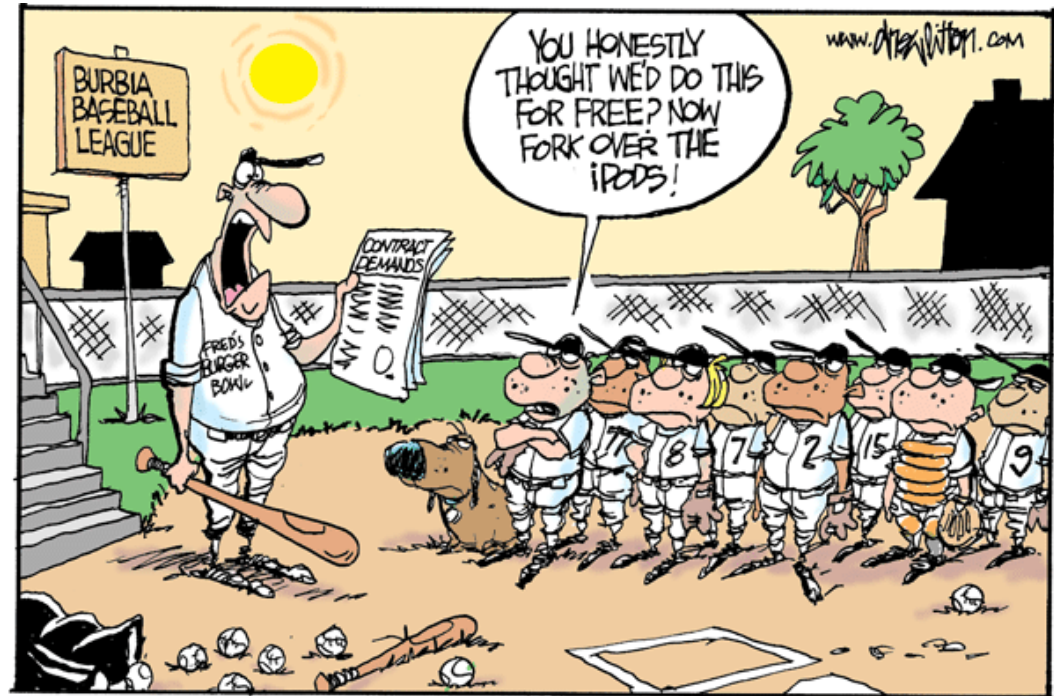
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Reasons children leave sports

- No longer fun
- Negative environment
- Excessive competition
- Poor adult role models





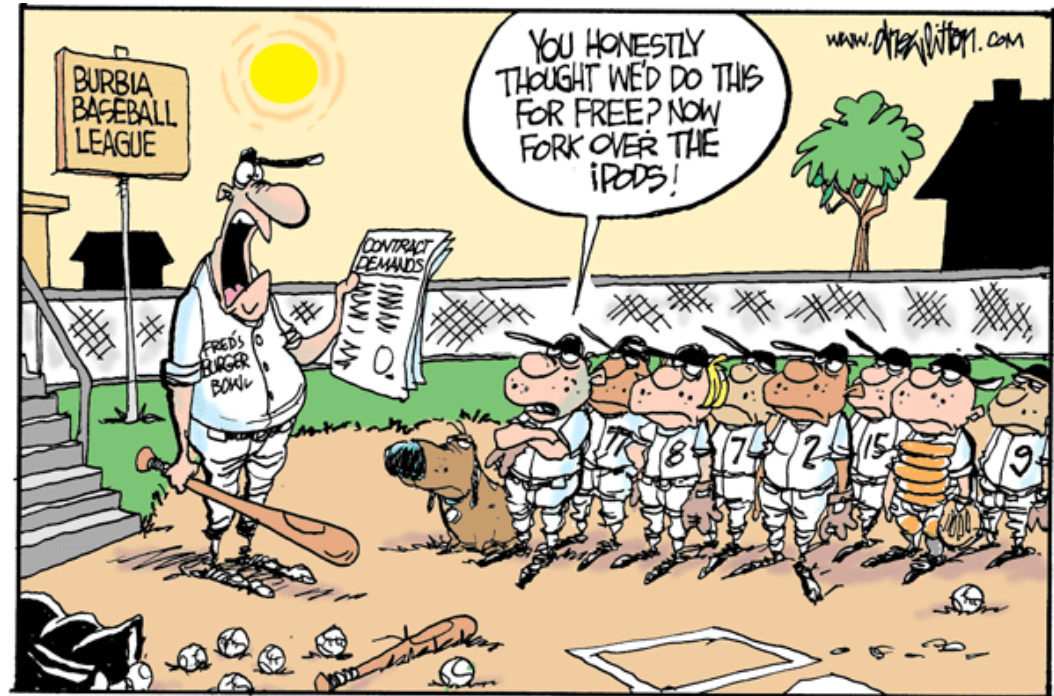
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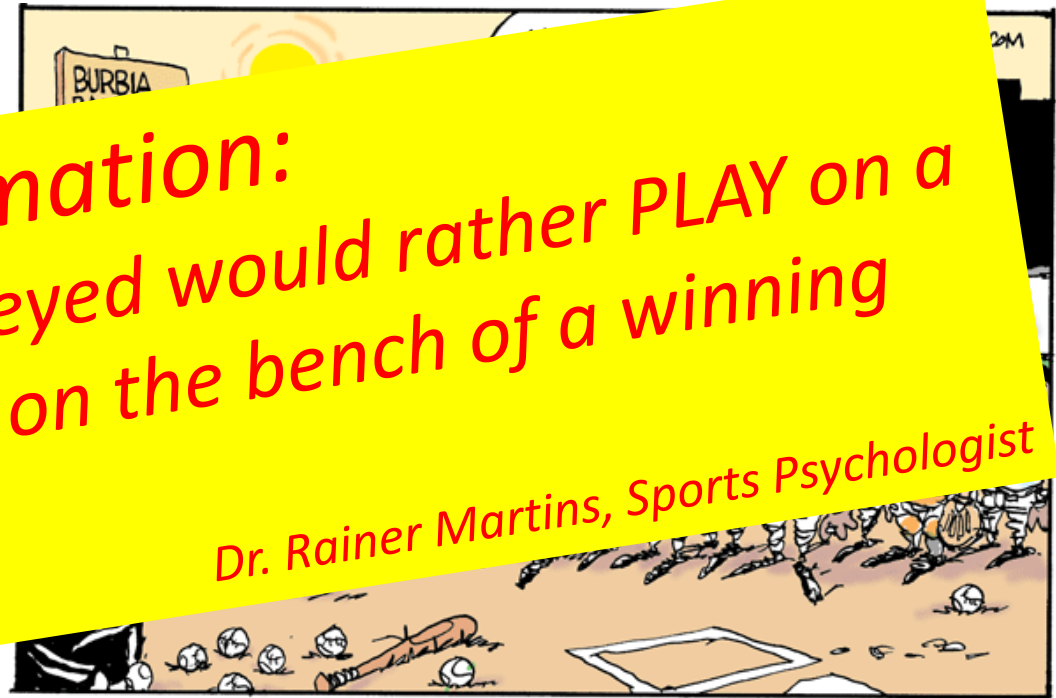
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Interesting Information:
90% of children surveyed would rather PLAY on a losing team than sit on the bench of a winning team.

Dr. Rainer Martins, Sports Psychologist



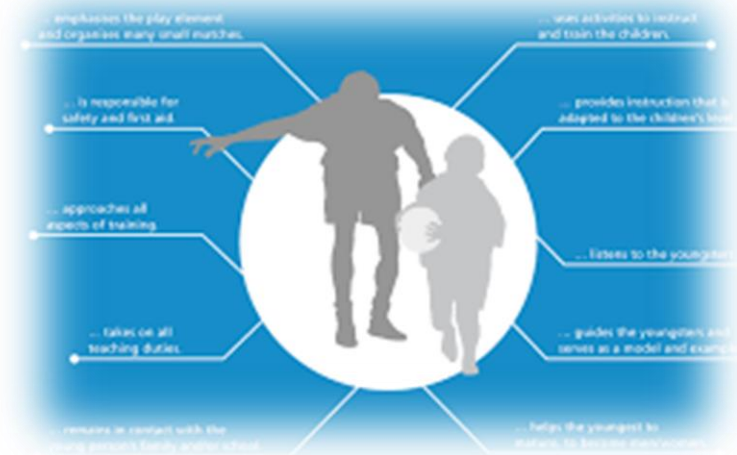
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Your Role as a Coach

Children need to learn:

- From skilled, caring role models
- In a safe and welcoming environment



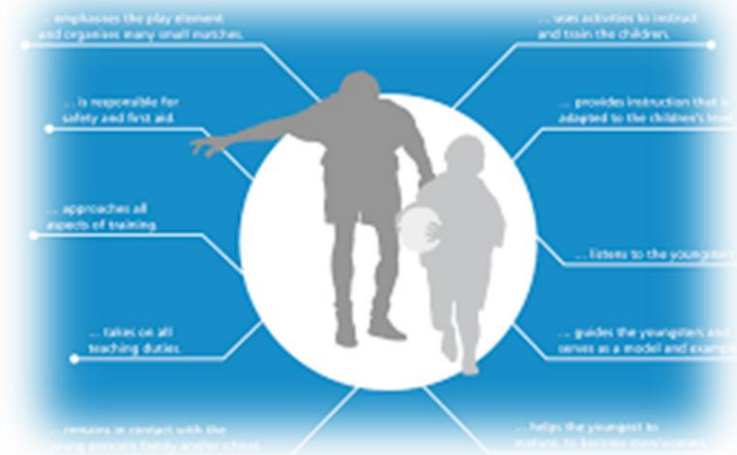


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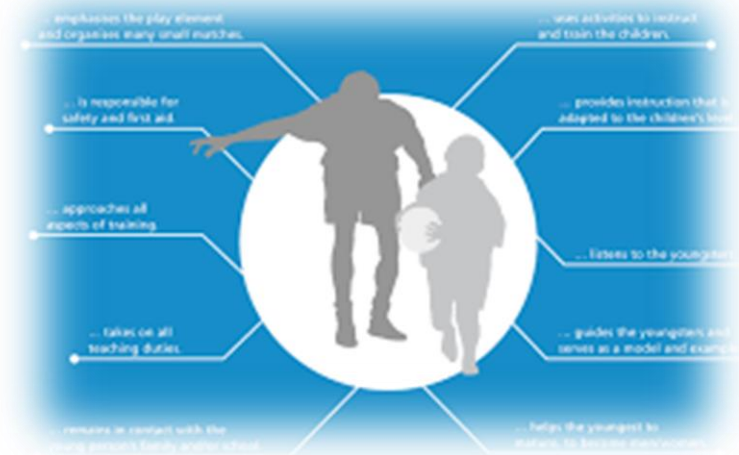
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The primary job of the coach is to help children of all abilities and backgrounds develop:

- Intellectually
- Socially
- Physically
- Emotionally





Our Goal as Coaches

Hitting our targets





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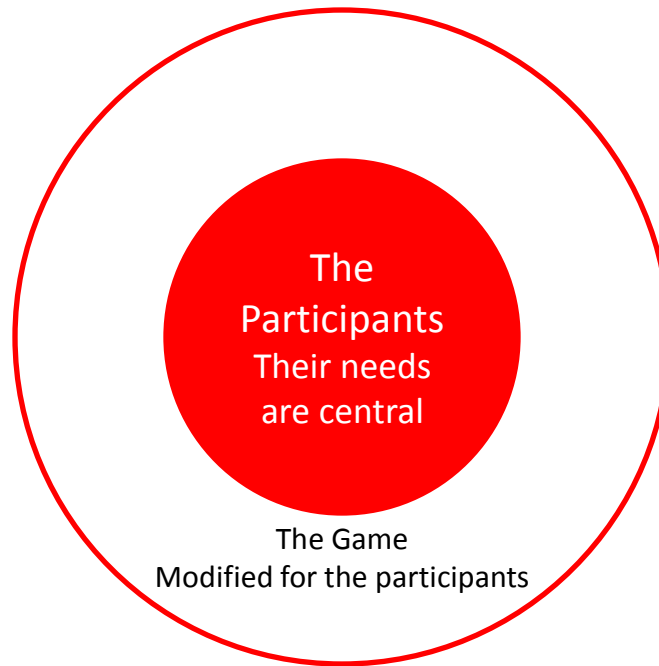


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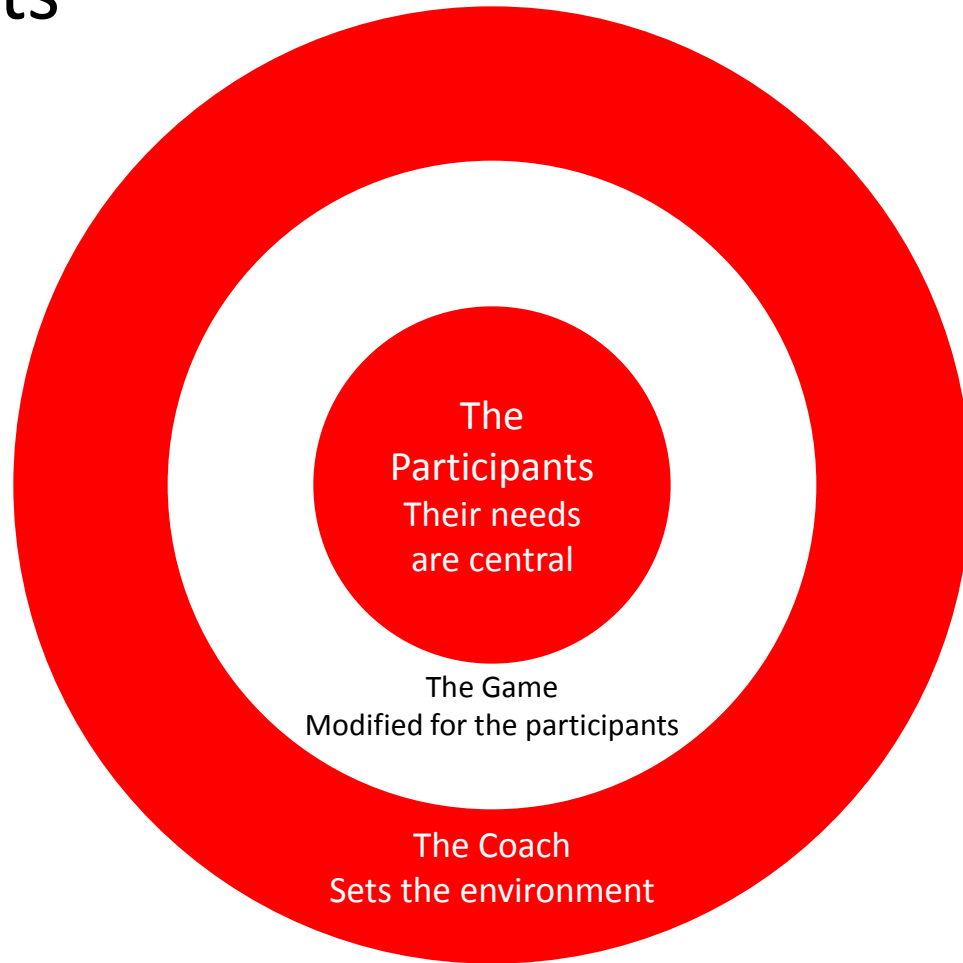
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Child Development

6-8 Year Olds (Trimate to U10)



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- Solve conflicts verbally most of the time
- Find failure and criticism very difficult



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- Play better in pairs than groups
- Need to be constantly reminded of group rules
- Like to express themselves but may have to be asked directly



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Coaching Considerations

- Need to be actively engaged
- May need help making friends
- Need to receive positive feedback to build self esteem



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- Learn best when involved in a concrete project
- May become frustrated when things do not turn out as expected



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- Become more sensitive and doubt themselves
- Want to be like others in a group of peers
- May begin to be cruel to peers with harsh putdowns and taunting



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- Need to focus on performance goals to manage feelings around winning and losing
- Need to experience developmentally appropriate competition
- Need to be protected from negative effects of bullying



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- Have a good attention span



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Emotional – What they feel

- Physical changes may cause outbursts, fighting and tears
- Are becoming more aware of self image as reflected by peers
- Form peer alliances to protect themselves emotionally
- Seek independence and may defy authority

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Coaching Considerations

- Kids can take on more of a role in designing their training
- Benefit from unstructured play and social opportunities
- Can set rules and consequences for play and behaviour



Relationship to Recreation and Sport

Physical	<p>Sport and recreation activities promote healthy physical characteristics</p> <p>When child chooses the activity the ability to become competent at that activity is more likely</p> <p>Most sport and rec providers offer a range of challenging programs at various levels</p>
Cognitive	<p>Programs that build on past experience help advance the child's skills</p> <p>Programs tend to be hands-on which helps children understand the activity</p> <p>"Fun" component of recreation and sport allows children the opportunity for discovery and exploration</p>
Emotional	<p>Group activities the child finds interesting offer more opportunities for communication</p> <p>Competitive activities are a good forum to learn how to control emotions around winning and losing</p> <p>Leaders and coaches as role models build emotional connections with children</p>
Social	<p>Organized games and activities can help children learn social skills such as sharing</p> <p>Recreation and sport help develop group dynamics</p> <p>Non-threatening environments offer encouragement and the opportunity to succeed</p> <p>Most recreation and sport programs focus on group activities</p>
Coaching Considerations	<p>A positive experience will influence kids to be active for life</p> <p>Long term development of the child must take priority over short term goals of winning</p>



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Catch

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Throw

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Intense training and competition, specialization in a single sport or a single position or role within a sport, is not recommended until after the growth spurt in puberty.



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Building Healthy Relationships

A child will have successful relationships if she/he is able to master the following skills



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Personal Boundaries

Friendly

Loyal

Cooperative

Patient

Appropriately uses power

Able to cope with breakups



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What can you do to foster these skills?



Building Healthy Relationships

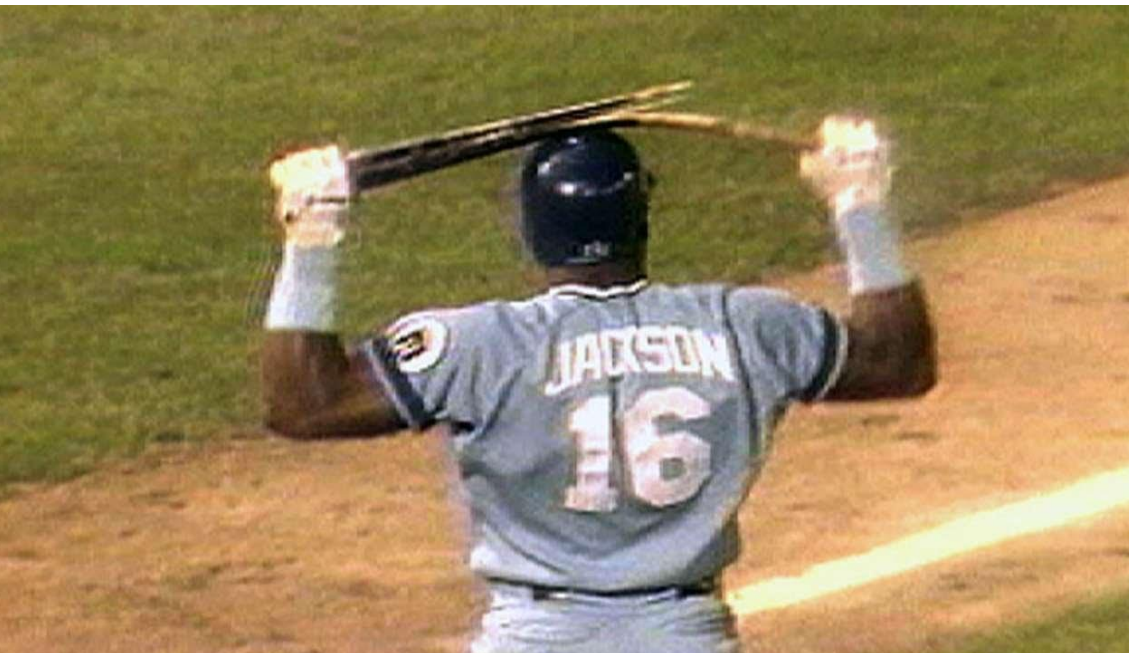


Key points:

- Children are not “little adults” in solving problems or conflict resolution
- It is okay for children to choose to be alone but not for them to feel isolated or rejected
- Children develop in different ways. If you are having problems with several children, reevaluate your approach. If it is only one or two children, look at the relationship you have with those children
- Accept the differences in children and develop the relationship from there
- Don't be afraid to share your own experiences of failing, succeeding or feeling left out
- When you are out of answers and don't know what to do next...ask for help



Break Time





Code of Ethics

The NCCP has written a summary Code of Ethics for coaches. Let's have a look...





Making Ethical Decisions Training





Making Ethical Decisions Training

By successfully completing the NCCP Make Ethical Decisions (MED) training, coaches will be fully equipped to handle ethical situations with confidence and surety. MED training helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in the world of team and individual sport.

- MED training is a cornerstone of the National Coaching Certification Program (NCCP), and leaves coaches with no doubt as to what to do when the going gets tough.





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Six steps in the process

1. Establish the facts in a situation
2. Decide whether the situation involves legal or ethical issues
3. Identify your options
4. Evaluate your options
5. Choose the best option
6. Implement your decision





Fair Play



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Fair Play values include:

- Respect for others, and respect for the institution of sport
- Agreement between all of those involved in sport on the values and lessons that we want sport to teach our children and ourselves
- Encouraging and supporting personal achievement, self-esteem and teamwork
- Making choices. As we interact with each other in sport we must regularly consider and define what we think is right and what is not.



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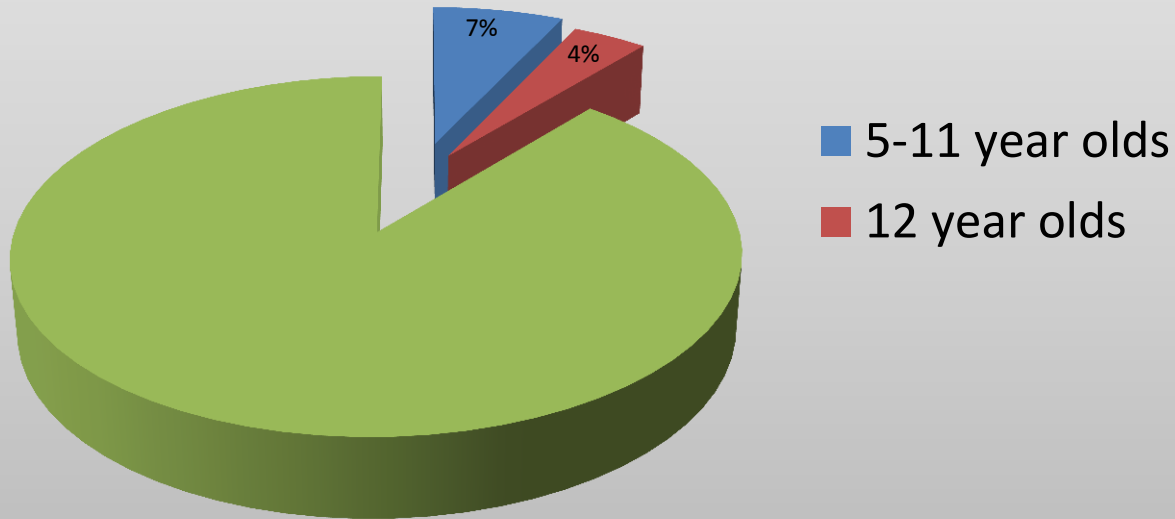


Fair Play



Scary Stats!

Meeting the Canadian Physical Activity Guidelines for Children and Youth



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Lack of Fair Play drives kids out of sport. We can't afford to let that happen!

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Mastery and the Challenge Zone



Mastery is discovering success and the feeling of being good at it

When you provide Developmentally Appropriate opportunities for children to learn, they develop a sense of Mastery

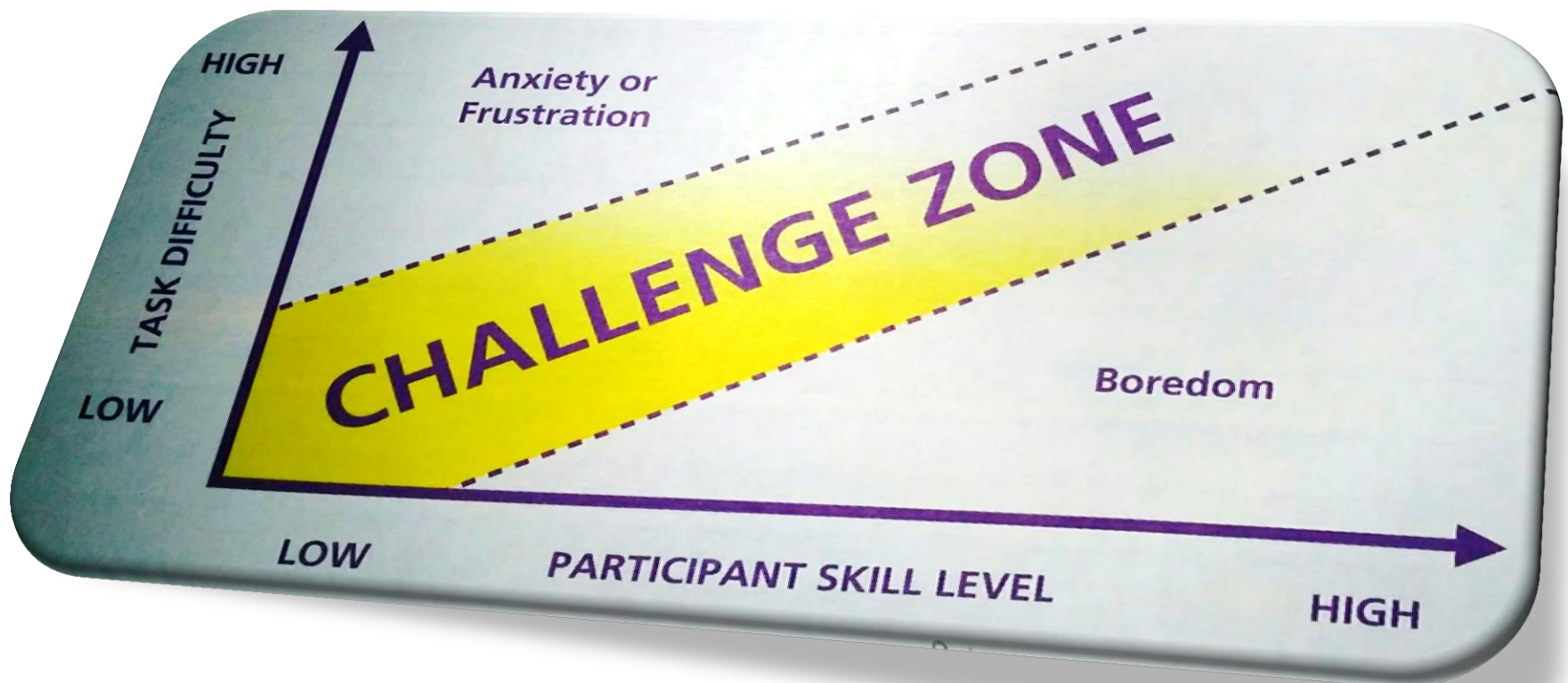
- Give challenges but do not expect perfection
- Every child should experience feelings of success and accomplishment, every day!
- Mastering new skills is key to developing children's self esteem and a positive identity



Mastery and the Challenge Zone

Finding the right balance of skill and task difficulty is critical in building a sense of success.

A good coach looks at where each player fits on the chart and adjusts accordingly!





Fostering Participation

Participation is more than just being there!

As a coach you should create an environment that maximizes participation

Know and plan for every child individually so you know they will be engaged

There are some common barriers for participation

- Lack of financial resources
- Lack of transportation
- Poor nutrition at home





Tips for Encouraging Participation

- ❖ Promote access to the sport (parents, siblings can help with practices)
- ❖ Be organized to minimize waiting and frustration
- ❖ Ensure a safe and adequate space
- ❖ Ensure equipment meets the needs
- ❖ Engage children in some aspects of practice planning or establishing team rules
- ❖ Listen to what children have to say
- ❖ Design activities to have kids work in small groups to encourage getting to know each other
- ❖ Allow players to try all positions if safe to do so
- ❖ Avoid elimination activities in younger groups





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Pressure and Winning in Children's Sports

Fun and healthy competition are both important. Not having fun and excess competition cause kids to drop out of sport



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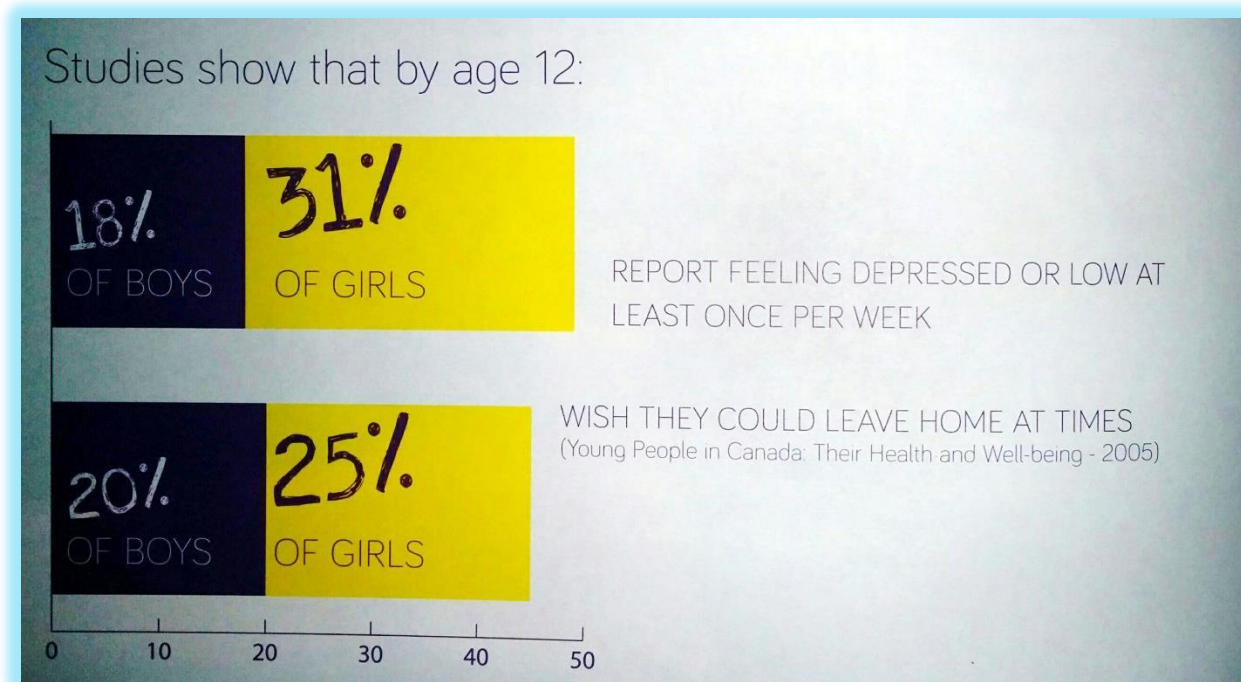
Emotional Safety and Mental Health

Many children experience feelings of depression, anger or fear. While this is normal for all people from time to time, children can often be overwhelmed



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You can help protect children by:

- Designing quality programs in safe environments
- Being a caring adult and listening
- Helping children make strong friendships





Continuous Improvement



All coaches should strive to improve just as they expect from their athletes

AMSA will be following up throughout the season with some reflection exercises to help you judge how you are performing as a coach and quantify your improvement in the following areas:

- Communication skills
- Appropriate Encouragement
- Appropriate Emphasis on Winning



Thank You for Participating



Questions?
Comments?