

# YOUTH FIRST

## COACHES LEARNING ABOUT YOUTH SPORTS THE SPORTS EDUCATION AND LEADERSHIP PROGRAM AT UNLV

Characteristics  
of Successful  
Teams:

- 1) Clear Goals
- 2) Commitment
- 3) Clear Roles
- 4) Open Communication
- 5) Consistent Coaching
- 6) Respect

### Key Factors That Can Influence A Group Of Young Lady Athletes.

When coaching a group of young lady athletes many factors are be able to influence them. The first factor may be the size of the group. In a recent study, it has been shown that enjoyment and cohesion decrease as group size increases. The second factor which can influence your lady athletes is their interaction with each other. In sports like basketball and softball there should be a high interaction between your athletes, but in sports such as track and field and swimming there does not have to be a lot of interaction between your lady athletes.

group goals. Basically, meeting team and individual goals, then teams achieve those, then teams factor could be the warmth



done by fisher, showed that a warm and supportive team climate raised member satisfaction and their ability to reach there goals. One of the most important factors that can influence a group of young lady athletes is the clarity of member's roles. The young lady athletes that understands their position on the team are more likely to support it's goals. Knowing their roles helps the team by increasing their identity and focusing on the tasks necessary. As a coach you will learn and find many other factors that can influence a team of young lady athletes.

The next factor would be clarity of teams that are highly focused on individual goals are more likely to whose goals are unclear. Another of the group atmosphere. A study

Some Ideas Set Forth To Improve Team Cohesion According To Carron; Widmeyer; Bird & Cripe.

- Acquaint players with the responsibilities of their teammates.
- Use effective communication strategies and know your players.
- Provide feedback to players and look for and communicate something positive after each game.
- Teach And Require interpersonal player support.
- Be consistent when setting limits.

## Four Phases It Takes For Your Young Lady Athletes To Become A Team?

In becoming a successful team the group will go through four main phases. These four phases developed by Tuckman (1965) are forming, storming, norming, and performing. The first stage forming begins with the team members coming together for the first time before the season. This is a learning period for new and old members where they can engage in social comparisons. As the coach, you should set up a time outside of practice for social activities, like dinners and outings to other sporting events. This will help develop the forming stage in your athletes. The second phase storming, usually happens a few weeks into the season. This phase is characterized by conflict, polarization, and rebellion. During this stage the athletes with poor work habits and bad attitudes usually emerge. The storming phase is inevitable, but if done correctly it can lead to effective team building. The conflicts can lead to increases in team members self-esteem and respect where the team has come to accept what coaches successful resolution of differences. The third phase norming is can and can't be done. According to Mark H. Anshel, teammates in this stage want to work together to establish success and improve satisfaction among team members. The most important thing to remember about the norming phase is that goals, objectives, and expectations, have been clearly defined by the coach and athlete. The last phase performing is characterized by a close bond between teammates and a general want for one another to succeed. In this final phase the group should be able to combine their effort towards the groups goals. As the coach, familiarizing yourself with these four stages can help you promote successful team formation.



## The Specific Roles In Which Some Of Your Athletes May Take On Within The Team.

- Team Leader - the athletes who through their actions both physically and verbally set the tone for the season.
- Counselors - the athletes who help struggling team members and often play peacemaker in times of dissention.
- Social Directors - the athletes who are always planning ways to get together outside of practice so the team can get to know each other better.
- Motivators - highly spirited athletes who can get the team up with their behaviors and motivational talks.
- Team Clowns - these athletes lend some humor to make practice and competitions fun for all.

Quote For The Coach:

“Not all are blessed with great ability, but with teamwork and perseverance, all can accomplish great things.”

M.D. Boyer