

YOUTH FIRST

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

Ten Commandments For Communicating With Your Athletes.

Effective communication contains six elements:

- 1) Clear
- 2) Concise
- 3) Correct
- 4) Complete
- 5) Courteous
- 6) Constructive

<p>According to Mark H. Anshel effective communication consists of ten commandments. The first one is being honest, which means coaches must have credibility. The second one is not to be defensive. This means being open to the ideas and opinions of others. The third is being consistent, which means do not say one thing today and something else tomorrow to your athletes. The fourth one is to be empathetic towards your athletes. This would be the ability to</p>	<p>ability to understand and respond to the feelings of others. The fifth commandment states that you should not be sarcastic. Using sarcasm with your athletes can destroy their self-confidence and self-esteem. The sixth one is that you should praise and criticize behavior, and not personality. This one is really self explanatory. The seventh commandment reads that you should respect the integrity of others. This means respecting the athletes feelings, privacy,</p>	<p>opinions, and individual differences. The eighth one is using positive nonverbal cues. The ninth commandment is to teach your athletes skills. Sometimes as a coach you forget to practice basic skills to better assist your athletes. The final commandment states that you should interact consistently with all team members. Performing all of these commandments is important to be an effective coach.</p>
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Before Communicating With An Female Athlete Coaches Should Consider The Following:

- Why they want to communicate.
- Who they wish to communicate with.
- Where and when the message could best be delivered.
- What it is the female athlete wants to communicate to you.
- How you are going to communicate the information.

Increasing Self-Confidence in Young Female Athletes By Communicating.

As a coach, you may have dealt with young female athletes that lack self-confidence. According to Terri G. Johnsen, the reason why a number of female athletes have reduced confidence levels are that they are put into situations that they perceive to be gender-role inappropriate. A female's self confidence level depends on three factors. These factors are the nature of the task, whether or not positive reinforcement is provided, and social comparison. The major key to boost their ego is by communicating strategies with them to boost their self-confidence. Some of these strategies would be ensuring their success, avoiding gender inappropriate activities, use effective modeling of correct performance, and decrease competitive situations when learning a drill or during practice.

Understanding Non-Verbal Messages as a Coach of Young Female Athletes.

When you as a coach speak to your athletes you expect them to listen and wait patiently to replay to what you had to say. In recent studies it has been shown that we use non-verbal behavior to have a smooth flow of communication. When you see when talking to your female athletes, eye movements, laughter, body factors can indicate what your athletes are feeling. For example, fully raised eyebrows indicate boredom or disinterest, half raised eyebrows indicate puzzlement. These are great signs, so the coaches can



Some non-verbal behaviors that you may see when talking to your female athletes are head-nods, smiles, frowns, posture, and language. All of these factors can indicate what your athletes are feeling. The next step is knowing how to read them. For example, glazed or down turned eyes indicates boredom or disinterest, fully raised eyebrows signal disbelief, and half raised eyebrows indicate puzzlement. Knowing these non-verbal signals are great signs, so the coaches can understand their athletes better.

Difficulties in Communicating With Your Young Female Athlete's May Be Due To a Number of Issues Including The Following:

- The athlete's perception of something is not the same as yours.
- The athlete may jump to a conclusion instead of understanding, accepting, and listening to the process.
- The athlete may lack the knowledge needed to understand what you are trying to communicate.
- The athlete may lack the motivation to listen to you or to put the information you gave them into action.
- You as a coach may have difficulty in expressing what you want to say to the athlete.
- Emotions may interfere when communicating to your female athletes.
- There may be a clash of personality between you and the athlete.