



YouthFirst

Coaches Learning about Youth Sports

AGRESSION?ASSERTIVENESS What is it, and how can we use them at such and early age?

Aggression and Assertiveness are keen aspects of sport competitiveness. These are characteristics of athletes who demonstrate a positive, athletic growth rate. Young athletes who excel in these two similar characteristics will function at a more mature, responsible level as adults.

In the first and second grades,

coaches should only be laying the foundation for positive aggression and assertiveness. At such an early age you may only see very little of this, but a large potential for it.

Also, as coaches we all have to remember that players and coaches do not change over night, and it will take much time and effort to achieve goals. Know-

ing your team and how all of them function together will always be an important factor in assessing each motivational practice.



Let your players shine as individual team players!

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Grades 1 & 2

Special points of interest:

- ☺ Not everything happens overnight. Give it time and it will come together nicely
- ☺ Keep it controlled and positive!

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Make sure to keep it controlled and positive!

Some people misinterpret the meaning of athletic aggression. Being aggressive in athletics is not cheating, illegal physi-

cal contact, or trash talking. These are elements that compose an overly aggressive player with a negative attitude. To

keep Aggression positive use demonstrations in practice, or examples from past games of being aggressive positively.

Assertiveness and how to promote it to the team as a whole!

Assertiveness is taking initiative to do something, and in athletics may be thought of as taking the initiative to complete an individual or team task. In the first and second grade, you will see a bunch of players all having different strengths in different areas of the sport. This is when you may take advantage of each player to take the "initiative" of helping out

their teammates. Also make sure to distinguish to the team that everyone has an important role and is capable of being a great athlete.

By explaining this, and that they have to work hard every day at practice to achieve greater goals, you may see an increase in assertiveness.

Teach children to be good teammates and friendly competitors.

Aggression and Young Athletes

Come up with your plan on how your going to promote positive aggression and assertiveness. Remember think of the different strengths each player has.

1)

2)

3)

4)

**"Treat
Everyone on
your team as
an individual,
and distinguish
their role!"**

The Road to Success!

This will be reiterated throughout every newsletter, but remember at such an early age, you a the foundation layer. It is your job to give these youngsters the opportunity to succeed not only in team activities, or your sport of choice, but as individuals in life. You may

just be the one person that makes a difference in these precious lives of you athletes. In return, you will receive personal benefits yourself such as a positive attitude, and coaching success.

