



YouthFirst

Coaches Learning about Youth Sports
The Sports Education and Leadership Program at UNLV

What can I do to avoid it?

Anxiety at such a young level is not easily detected, so we as coaches should try to prepare our players how to avoid this situation. Anxiety tends to be a more internal emotion that makes one hesitant and non-verbal.

Our role as coaches is to encourage the exact opposite of these traits, that is for our players to be verbally open while in-

teracting with their teammates. We also need to encourage our young athletes to express themselves as part of the team.

This will help step outside their own box. It may even help them learn quicker if they can relate to others their own age. These are just a few of the ways we as coaches help develop each players sportsmanship as well.

So remember in each and every practice and game, have your players verbalize and encourage teammates.



Make sure the players feel free to express themselves to the team.

Volume 1, Issue 3

Grades 1-2

Special points of interest:

- ☺ Know signs of Anxiety
- ☺ Promote Team Bonding!
- ☺

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Nutrition and Emotion

Nutrition and emotion could go hand in hand to help keep anxiety away. As coaches of first and second graders, we need to be aware of

all the sugars and additives in a players diet, especially the day before the game. Help emphasize that eating a healthy snack will help them think

and feel more positive during practice and games. We can call this our "Positive Nutrition Psychology" category.

Reading Not Running

Reading can benefit our young athletes in many different ways. To be more age appropriate, we should encourage our athletes to read related material whatever it is.

First you might want to have your player select readings on the sport of their choice. Then they should have a story book that has a moral that can be related to

themselves and their sport. This may help keep the fun and leisure of this task.

Secondly, the player should have a book containing technical breakdowns of skills pertaining to the sport. This can be used to keep their brain



Emphasize on school work!
Help keep your players mind
running, not their feet.

working even when they are not on the court or field. Also, if they are having trouble with a skill in practice, they can refer to this source of information.

Succeed in Planning, and Plan to Succeed...

Sit down and seriously think about what kind of personalities you have on your team. How can you have everyone in the same athletic personality on the playing field? This question is going to make up your plan to succeed. In the

space provided, outline your plan in four to five easy steps:

- 1.
- 2.
- 3.
- 4.

5.

6. SUCCESS!

"Failing to Plan, is Planning to Fail!"

Br. John Cullerton

Main Thing...Have F.U.N.

Remember to change up your daily routine to make it interesting. This will help maintain the level of enjoyment for team players.



Keep your athletes happy and having fun!

Frequent

Unconditional

Network

*Make sure to have frequent meetings to create a constant routine of

functioning as a team

*Try not to set too many guidelines, just emphasize improvement of skills

*Network A.K.A. Teamwork. Promote togetherness among your young athletes...that is why they are on a TEAM!