

YOUTHFIRST

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Grades 1 & 2

AROUSAL: TOO MUCH OR TOO LITTLE?

Do you as a coach think there can ever be too little or too much arousal in your players? Well, there are actions of a coach that tend to create one of the two.

According to Martha Ewing's article, *Goal Setting for Athletes*, not all arousal is achieved by quick moving stimuli, but yet pedestals for personal mental arousal. As a coach you can-

not force any one player to be aroused, but you may lead them to athletically arousing themselves. By arousing themselves, they may have more motivation in practice and game situations.

At such a young age, grades one and two, we want to help them enjoy the sport and hopefully develop a positive concept of your sport. So remember that

getting the team to



scream together, or move quickly isn't always arousal. Positive encouragement is always helpful in arousing athletes.

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Special points of interest:

- Know the difference between Anxiety and Arousal.
- Know your limits as a coach, and the arousal limits of your players.
- For more info visit <http://www.geocities.com/colosseum/bench/6823/goals.html>

A FEW TIPS...

***POSITIVE, POSITIVE, POSITIVE!!!** Be real, but be positive at all times, especially in first and second grade.

***Know your players individually!** Know what you can do as a coach to have your players arouse themselves athletically.

***Self Reflect!** Reflect on the results of arousal on your team. If the first strategy you tried didn't work, move on and try something different!

SET THEM, REACH THEM, SHOW THEM...

Goals are a big part of arousing athletes at any age. These can serve as the "light at the end of the tunnel" for many, if not all of your team players. Here is an easy three step process that you can follow to help them reach their goals:

-**"Set Them."** Have a set time in the beginning of the season to set goals. Depending on the length of the season, you may want to split it up

into a few parts for a few goals. This will keep them striving till they reach their goal.



-**"Reach Them."** Help each student reach their goal, and if not successful, try something new or even set a new goal. Never tell a player they cannot reach their goal. Keep track of improvement of each player.

-**"Show Them."** Let them know they reached their goal. Give them rewards to represent success, and use them as example to the team, that they too can be like this person

CAN YOU SEE THE DIFFERENCE?

Quickly sketch what your team would look like if they were positively aroused, and not aroused. Compare the two and see what you as an elementary coach want to see on your team.

1) Aroused

2) Not Aroused

MAKING THEM OR BREAKING THEM

Remember that as a coach for such a young age group, you have the ability to make or break them. They will remember you when they are in high school, college, and maybe even further. It is up to you to make a mark on the

first step they take into the world of athletics. You wouldn't want to leave a negative mark on any of your players, so remember to show them that they have a potential...thus arousing them to go further!

