



YouthFirst

Coaches Learning about Youth Sports

The Sports Education and Leadership Program at UNLV

Don't Forget Who You are Dealing With!

It is so important that coaches remember who they are dealing with. It is crucial they remember that young children are not little adults but they are people, so in that sense, not any two children are the same. Children learn in different amount of ways, they are in different stages of learning and progress at different rates. Be sure to know the children before you pick a style to use on these little kids. For example, not all second grader is able to learn and demonstrate skills at the same rate as the other second grade kids do. And in opposition that first grader might be ready to learn and demonstrate competence before any other first grader or maybe even second grader. It is said that the full maturity and understanding doesn't happen until 10 years of age. However there are many exceptions to that rule. So be ready to take on all of these different types of children.

Ages Six to Ten

Kids at ages six to ten have different physical, psychological and social needs.

Physically they need to be:

Challenged with specific requirements and need smaller fields and shorter time periods per game.

Psychologically they need:

Enhanced self esteem and they need to gain the understanding of the game.

Socially they need:

To enjoy themselves, learn the value of cooperation, and begin to be taught sportsmanship.

The Stretch of the Month

This is called the Side Straddle.

All you have to do is spread in a straddle your hands to your ankle your knee. Do this for times on each side.



sit with your legs position and reach both and bring your chin to about 30 second 3-5

Don't Forget to warm up all those muscles so injuries can be prevented.



Coaching Styles for Different Athlete Styles

Pick Your style for Your Athlete in this issue

Pick which coaching style you think is appropriate for children in first and second grade?!

- AUTHORITARIAN COACH**
- BUSINESS-LIKE COACH**
- NICE GUY COACH**
- INTENSE COACH**
- EASY GOING COACH**

Is there any correct answer?

In fact if you would like to learn more about yourself as a coach a great website to test your self is:

<http://www.coachingandmentoring.com/quizzes.htm>

Different Types of Coaching Styles

There are so many different ways for coaching all different kind of sports. And most likely anyone that has ever participated in any kind of sport has had at least two different kinds of coaches with different styles. In fact there are five that can be named and explained. There is the authoritarian coach, this coach is the coach you either feared or loved. He was very strict and only in good spirit when the team won; if you lost you better watch out. The second type is the business like coach, this coach took everything up with a very intelligent approach and always had the new equipment and new technological stuff. If being coached by one of these coaches you better be prepared to give one hundred percent all the time because that's exactly what he expects. Some say he sets goals that are too high. The third coaching style is the nice guy style. A coach of this style is liked by the players yet they can take advantage of his kindness. It is assumed that if you are the same temperament as him you two will get along just perfect. The next type is the kind of coach we all have either had or have heard about: the intense coach. This coach has a history of being full of anxiety and passing it right on to the other players. And the only thing this coach talks about or trains for is winning. That's everything to the intense coach so plan on winning if you want to satisfy this coaches goals. The last but not least of the different coaching styles is the easy-going coach. His flaw is he appears to not take the game very seriously. This is were his drive lacks; he doesn't offer much in that area. Also he may seem inadequate at times. His casual attitude however, is much liked and he gets along with everyone. These are just some of the obvious coaching styles in fact anyone can be a combination of these also. Just be sure to realize where you fit in and if it the style you use is appropriate for what and who you are coaching.