



# YouthFirst

Coaches Learning about Youth Sports

The Sports Education and Leadership Program at UNLV

Volume 1, Series 12

Grade 1-2

## Coaching Young Athletes

It is important to:

Make it fun,

Know how to communicate,

Know how each player learns  
(acknowledge different learning styles),

Teach new skills,

Know different coaching styles and when  
to apply them,

Know the capacity of what age group you  
are teaching,

Understand children are not little adults,

Perform and express the importance of  
safety,

Be a role model,

Know when enough is enough,

Use methods to help reduce and prevent  
injuries,

Be prepared,

Advise and train athletes in all areas,

Keep anxiety levels down,

Understand each player and their families,

Acknowledge all players,

Be fair,

Set Goals,

And once again the most important...

**MAKE IT FUN!!!!**

## *Aerobic versus Anaerobic*

Aerobic exercise uses oxygen while getting rid of carbon dioxide through exhaling and water through sweat. Anaerobic exercise is when the demand for oxygen is more than the amount it is getting so lactic acid is being produced which causes pain. So the body uses stored fuel in replacement. So in other words aerobic is exercises that include, but not limited to, running and jumping while anaerobic is more like strength training and not so much movement. Both of these are extremely helpful to produce endurance. So they both fall under endurance training along with strength training and speed training. Endurance training is important to meet the demands of the events in each and every sport. After all a soccer player couldn't make it through a game if he hadn't trained properly.

## **Goals that are "SMARTER"**

From the *Sports Coach* website

S - goals must be **Specific**

M - training targets should be **Measurable**

A - goals should be **Adjustable**

R - goals must be **Realistic**

T - training targets should be **Time based**

E - goals should be challenging and **Exciting**

R - goals should be **Recorded**



### Relationship Between Skill, Ability, and Technique

A skill is something an athlete chooses to perform with correct technique at the correct time over and over with little effort. A skill is something that comes naturally due to practice and effort. Techniques are the basic movements in any sport. For example dribbling a ball is a technique in basketball and running is a technique used in soccer. Techniques can range from basic to more advanced. It is important to develop good technique at the basic level to succeed in higher levels. Ability level helps contribute to the skill in a large way. Ability can and is an inherited trait from the parents. For example someone who is five foot even probably would not have the ability to dunk a basketball on a basketball hoop within standard regulation. All these tie in together to make sports what it is. To be successful you need a combination of all these.

$$\textit{Skill} = \textit{Ability} + \textit{Technique}$$

### *3 Types of Skills*

- Cognitive - involves thought processes. These skills have to do with using the mind and thinking through things.
- Perceptual - involves interpretation of information. One person may perceive an event totally different than another. That's what makes us different as human beings.
- Motor - involves movement. These are the physical skills we use in most sports. The skills that make the basket or run to the end zone.

All these skills used together can make for great experiences. If you think about a situation and come into it with a perception of hope; optimism) and use your skills with all your effort and ability than the outcome will more likely be to your favor or at least inside you will feel as if you succeeded. It is very important for adults teaching young children to make these skills come naturally by reinforcing them everyday. Teaching young children anything is a huge responsibility and must be taken seriously. After all you develop the skills they will need down the road.

### Why Warm Up??

There are many reasons why it is important to warm up before participating in an athletic event whether it be practice or even a game. Warm muscles have are faster at relaxing and contacting than muscles that have not been warmed up. It also reduces the likeliness of muscle stiffness. Also muscles that are warm have a greater range of motion, and range of motion is important in all sports. A warm muscles produces a greater amount of blood flow through the tissue. These are only some of the reasons why it is important but each reason listed above plus the many left out all lead to less injuries and are injury preventative. So in the end warming up all the muscles is important.

### A Fun Way to Warm Up With Youngsters.

All kids love games so why not try to warm up with a fun game of **tag for 10 minutes** instead of the boring run around the field that they do everyday.