



COACHING KIDS
CHILDREN ARE NOT MINI-ADULTS

+ USA Football

ANDY RYLAND





COACHING KIDS

USA FOOTBALL

Coaching Children

Mike Robertson – Physical Preparation Coach

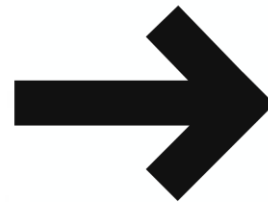
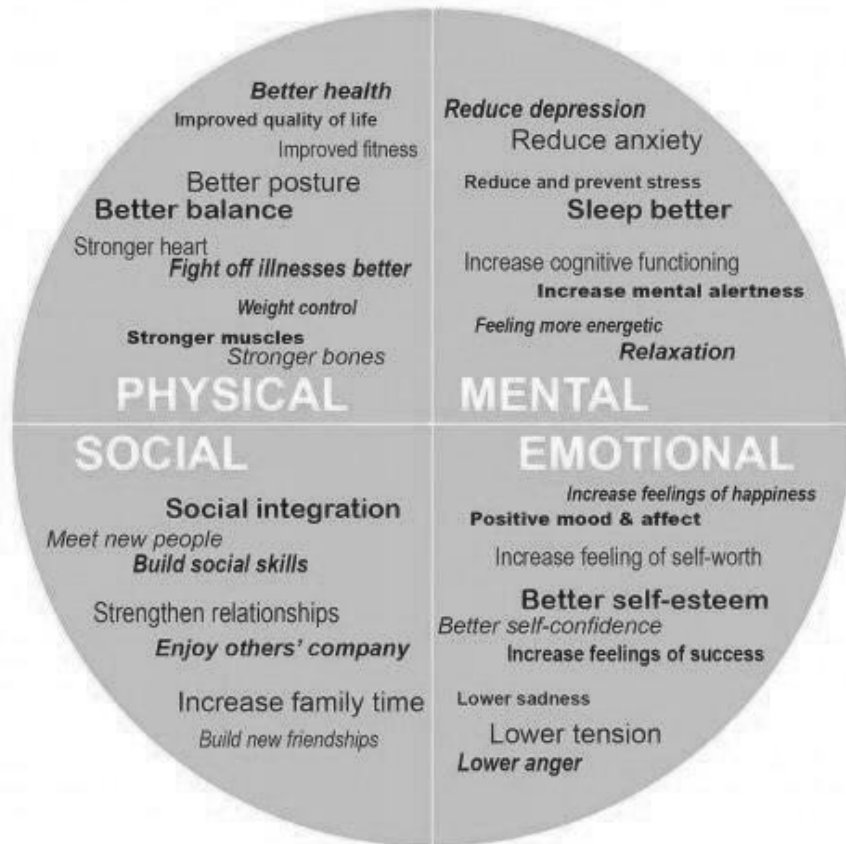
But as tough as we all had it, I would argue that today's kids have it worse in a handful of ways than we did.

Sure there are a lot of similarities such as school, athletics, extracurricular activities, but I would argue there's one big difference between then and now.

Kids today carry a tremendous burden when it comes to social pressures and expectations.

Yes we played sports, and went to school, and did other stuff, but there's never been the amount of **pressure** on our youth as there is today.

THE ROLE & BENEFITS OF YOUTH SPORTS



**POSITIVE YOUTH
DEVELOPMENT**

WHY KIDS PLAY SPORTS

WHY CHILDREN PLAY SPORTS?	VS	WHY CHILDREN QUIT SPORTS?
✓ To Have Fun		Perceived Lack of Competence ✗
✓ To Make Friends		They Aren't Respected ✗
✓ To Improve Skills		They Don't Get Along With Coach ✗
✓ To Challenge Themselves		Too Much Emphasis On Winning ✗
✓ To Take Part in Something They Enjoy		They Are Afraid Of Making Mistakes ✗
✓ To Release Stress		No Longer Interested In The Sport ✗
✓ To Get Some Exercise		Not Enough Playing Time ✗
✓ To Play on a Team		It's Too Competitive ✗
✓ To Win		It's Not Fun Anymore ✗
✓ To Be Like Their Role Models		Pressure To Perform ✗

Results from Project Play

MORE FUN

1. TRYING YOUR BEST
2. WHEN COACH TREATS PLAYERS WITH RESPECT
3. GETTING PLAYING TIME
4. PLAYING WELL TOGETHER AS A TEAM
5. GETTING ALONG WITH YOUR TEAMMATES
6. EXERCISING AND BEING ACTIVE

LESS FUN

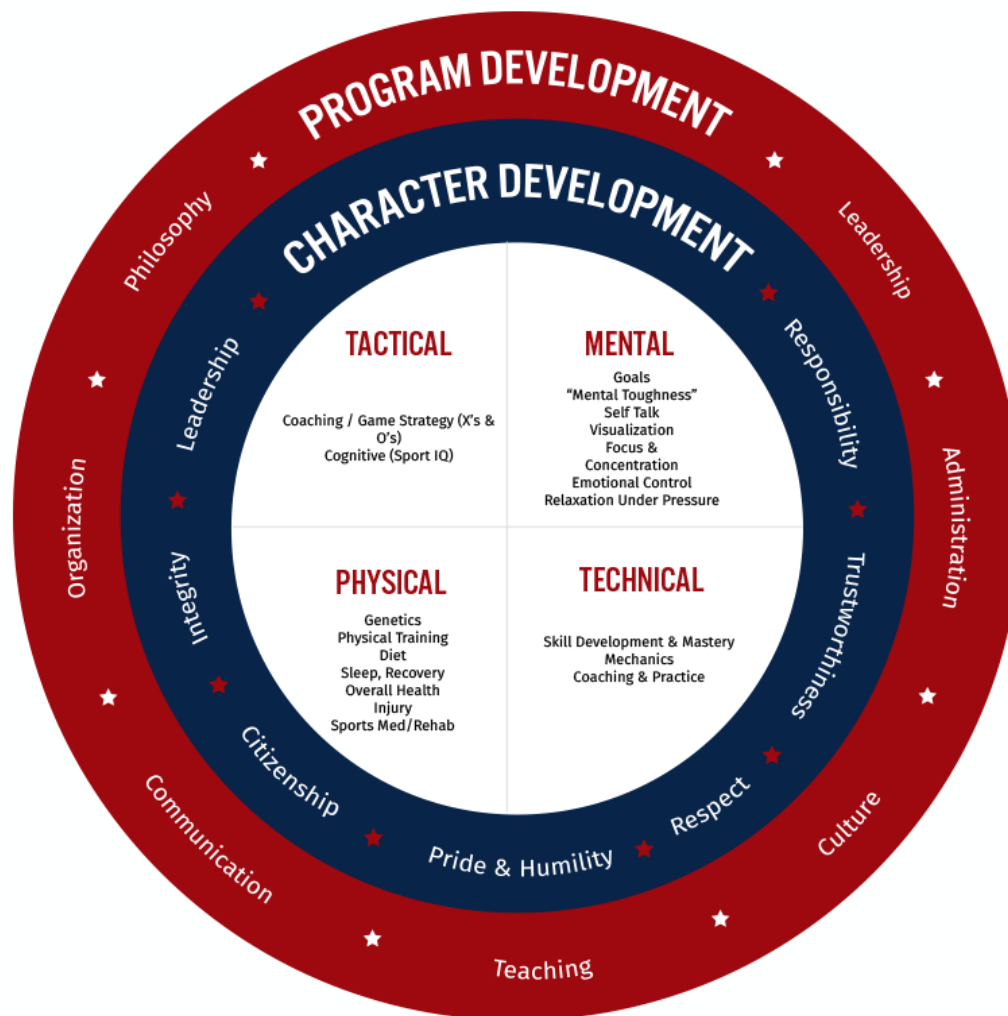
1. WINNING (Much less of a priority than simply having a chance to play)
2. PLAYING IN TOURNAMENTS
3. PRACTICING WITH SPECIALTY TRAINERS AND COACHES
4. EARNING MEDALS OR TROPHIES
5. TRAVELING TO NEW PLACES TO PLAY
6. GETTING PICTURES TAKEN

6% of high school seniors (**1 in 16**) will play football in college.
 1.7% of senior football players in college (**1 in 50**) will get drafted by NFL
 .08% of high school seniors (**8 in 10,000**) will eventually be drafted by NFL

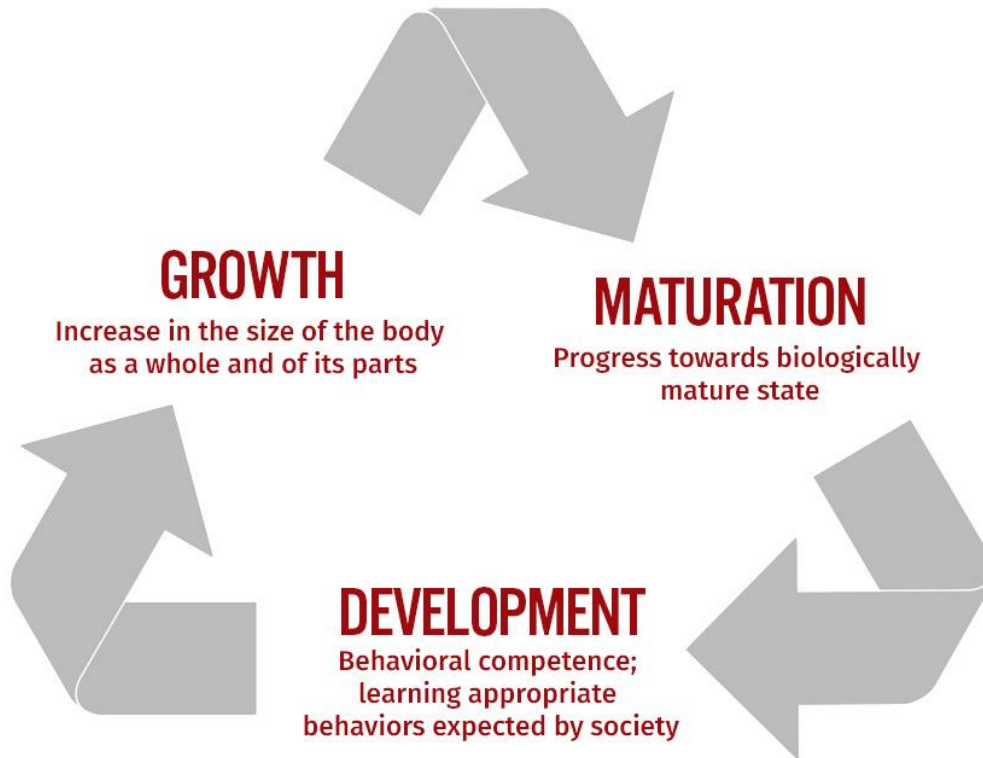
COACHING ROLES: THE MANY 'HATS' OF A COACH



COACHING & DEVELOPING THE WHOLE CHILD & ATHLETE



UNDERSTANDING GROWTH & DEVELOPMENT: CHILDREN ARE NOT MINIATURE ADULTS!



CHILDREN ARE NOT MINI-ADULTS

Video: Practice and Participation



2 WHEN COACH TREATS PLAYER WITH RESPECT

KEY CONSIDERATIONS FOR COACHING CHILDREN

Video: Four to Eight



INTERPERSONAL RELATIONSHIPS: EFFECTIVE COMMUNICATION

“The art of coaching is the science of communication.” –Brett Bartholomew, author of Conscious Coaching



Communicating With Young Athletes Is Key To Success

- Building rapport
- Share the conversation. Talking with players, rather than at them
- Remember that you are not only transmitting messages (talking) but also receiving as well. Be an active listener.
- Use reflective listening
- Sometimes its not what you say, but how you say it
- Communication is more than verbal. Consider body language, posture, and gestures – both yours and the athletes.
- Be specific in giving praise. Say more than “good job” – be specific –Don’t waste reps
- Try to correct mistakes without discouraging them.

APPROACHES & METHODS OF COACHING – HOW TO COACH

Some General Considerations

- + The coaches who are most highly regarded are renowned for their ability to **teach**.
- + Legendary basketball coach John Wooden – “you haven’t taught until they have learned.” In other words, “What you see is what you coached!”
- + Coaching effectiveness rests first on the coach’s ability to teach. And effective teaching rests on coach’s awareness of how athletes learn.
- + A salesperson will never make every sale, we acknowledge that, but if a player is not buying into our program or our culture, is it their fault? Or do we take ownership of are inability to not sell the program?

KEY POINT TAKEAWAYS

Coaching Kids

- + Challenge yourself not to blame the kids, but to create an environment that molds them to our vision of positive development and school community.
- + Change most easily occurs when coaches and player can effectively communicate and communication is built on inter-personal relationships.
 - This is a skill and must be practiced and developed.
- + These communication strategies must be displayed both on and off the field/court/track.
- + Make feedback as specific as possible both positive and negative to ensure it is about the skill and not the person.



QUESTIONS?



THANK YOU

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