

# *Youth Launch Leaders*

## *Hitting a Home Run with Assets*

Youth athletics, whether it's an individual sport such as distance running or participation on a team, can be one of the most powerful character-shaping experiences for a child. Coaches and parents of athletes must take great care with lessons taught on the field, court and track. With the right approach, youngsters will grow in ability, self-esteem, emotional competence, and character.



Research on coaching effectiveness has shown the importance of using positive and constructive feedback tactics. All aspects of communication behavior are important: team management, instruction, performance appraisal and social support.

Coaches who provide positively framed feedback to their athletes increase their players' intrinsic motivation, perceived competence, identification with their coach, motivation to continue participation, and their self-concept. Interestingly, athletes that received positive

feedback also report higher perceptions of their coach's competence and increased cognitive learning and satisfaction levels. Furthermore, positive coaches are an identification of successful players and teams. And it's no surprise that surveyed athletes prefer supportive, constructive feedback tactics from their coaches.

If you are a coach or plan to be one someday, seek out training in how to be the kind of role model who inspires children to grow in skill, character, and love of the game.

Source: Diaz, Stephanie; Patrick Time. "Coaches on the field offer children lessons for life." The Register-Guard [Eugene, Oregon] Published: A11

Youth Launch Leaders offers trainings, tip sheets, and organizational support for coaches, coordinators, and parents. All resources are customizable to fit your group's need and are free of charge!

For more information please contact us at [www.graceland.edu/yll](http://www.graceland.edu/yll) or call 641-784-5401 to set up a consultation.



# *Tips for Having a **Great** Summer Program*

Coaches can teach youth not only about the game but also important lessons about life.

According to the book, Pass It On! from the Search Institute, they can help young people develop confidence, learn to resolve conflicts, and help them develop skills for communicating with others.

Below are tips to ensure you have a successful season of youth development!

Challenge player growth by recognizing their abilities and encouraging them to go beyond what they think they can do.

Set clear boundaries and expectations for behavior and learning outcomes.

Express care by making an effort to know each child you work with, learn their names and develop a positive relationship.

Show youth that you care about their lives outside of your program.

Provide support by praising efforts and achievements. When constructive criticism is needed precede it with a positive statement.

Be a role model, someone youth can look up to both on and off the field.

Share power with the youth in your program by allowing them to give feedback on activities.

Speaking in a respectful tone encourages players, parents, and other coaches are more likely to do the same.

Expand player possibilities by giving opportunities for new experiences.

Connections are important, switch partners and groups throughout the activity.