

*Minors*

# *Coaches Tip Sheet*

*Majors*

## *Positive Youth Development for Ages 7-12*

### **Social interactions are VERY important**

- They may be more interested in socializing with peers than focusing on the game.
- Give them time to bond with peers at the beginning so they can focus when it's time to play ball.

### **They want to be challenged**

- If things are too easy, they will lose interest.
- By meeting challenging goals, they gain a sense of self-confidence.
- Raise skill levels as needed, but remember to praise all efforts, successful or not.

### **Their emotions affect everything**

- This is a fragile age for self-esteem and self-confidence.
- Encourage an atmosphere of positivity where players treat each other with respect.
- Model respect by refraining from negative comments and yelling.

### **They have a need for independence and to test limits**

- Make sure to establish rules and boundaries at the start of the season.
- Allow for choices whenever possible.
- Let them decide what order of drills they want to do during practices



# Youth Launch Leaders

Youth Launch Leaders empowers adults to create healthy, nurturing and supportive environments for youth in Southern Iowa by providing leader education to inspire positive youth development.

Youth Launch Leaders provides training opportunities and support to adult leaders of youth activities in southern Iowa, in the areas of child/adolescent growth and development. Through the framework of the Search Institute's 40 Developmental Assets and Developmental Relationships, as well as instruction on developmental stages, leaders are empowered with tools needed for inspiring positive youth development.

Youth Launch Leaders provides:

Newsletters

Information Resources

Trainings

Community Presentations

Organizational Support

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