

TRAINING VOLUNTEER COACHES TO DEVELOP LIFE SKILLS IN YOUTH SPORT

Kimberly J. Bodey, EdD
Rebecca Zakrajsek, PhD



Indiana State
University

More. From day one.

YOUTH SPORT

47 million young people (≤ 18 yrs)

participate in organized sport each year!

Develop skills, make friends, gain recognition, enjoy excitement & challenge, and have fun.

Leadership

Self Discipline

Perseverance

Self Control

Competitiveness

Courage

Play Fair

Honesty & Civility

Sportsmanship

Critical Thinking

Aggressiveness

Loyalty

Caring & Empathy

Respect Rules

Reduce risk for health problems, develop peer networks, obtain higher academic achievement, and enhance occupational outcomes.



LIFE SKILLS



Life skills enable the individual to succeed in his environment. Life skills can be physical (e.g., taking correct posture), behavioral, (e.g., using effective communication), and cognitive (e.g., solving problems).

Is the sport environment an appropriate place to teach life skills?

What are parent expectations?

NRPA AGENDA



NRPA has been *actively working to advance its youth development agenda* by making it a core component of public park and recreation administration. Moreover, NRPA has responded to the Citizenship Through Sports Alliance's first-ever *National Youth Sports Report Card* (2005), which concluded youth sports need to shift its focus from competition to positive youth development.

NATIONAL STANDARDS FOR SPORT COACHES (NASPE, 2006)



“The coach must structure opportunities for development of values that can be *applied inside and outside of sport*” (p. 7) and “The coach has a responsibility to *facilitate the development of positive behaviors* in and through sport” (p. 8).



TRAINING COACHES

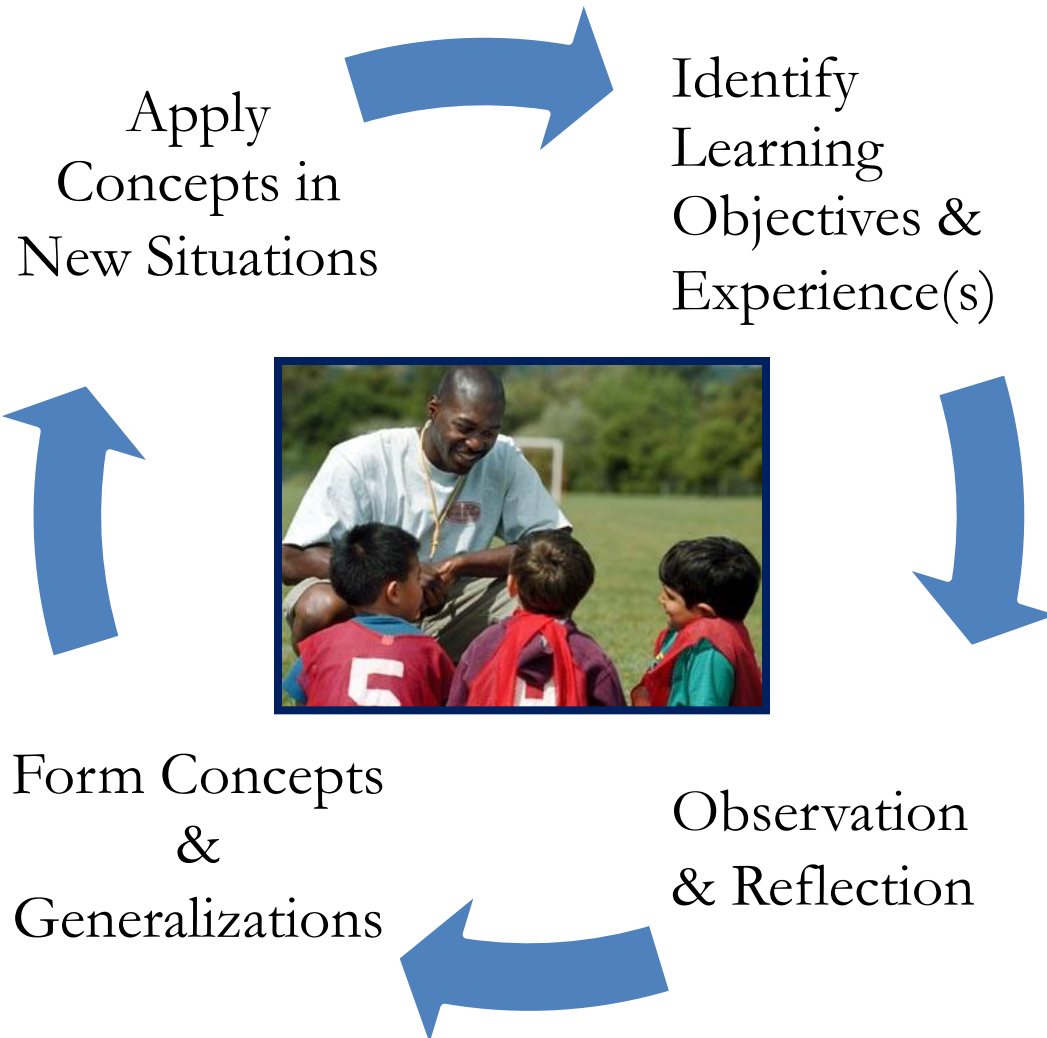
Coaches **expect young athletes to learn life skills** in the sport environment (Lesyk & Kornspan, 2000).



But... **were unable to express HOW they taught life skills** (McAllister, Blinde, & Weiss, 2000)

Coaches have expressed a need for **more training on how to communicate and teach children** at an appropriate developmental level (Wiersma & Sherman, 2005).

KOLB'S (1984) EXPERIENTIAL LEARNING MODEL



Match life skill to sport drill already in practice plan!



Define life skill & explain sport drill - keep it simple!

Connect life skill to aspects of the sport drill

Relate life skill to other settings

Encourage application in alternate environment

Instruct to promote “correct” action

Reward to increase “repeatability”

Follow-up



Question to engage participant



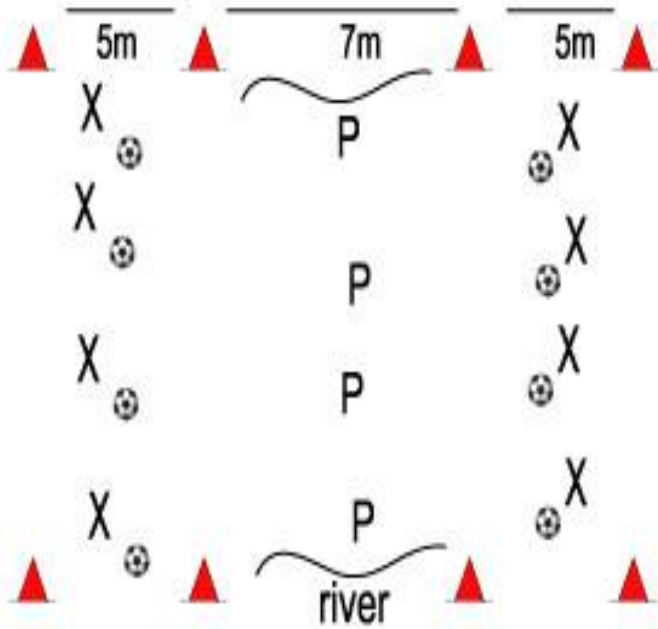
Select 2-3 “priority” life skills to work on during the entire season.

Select based on agency’s targeted outcomes & developmental level of participant.



Kids Motivational Drill : Dribble through Pirates

Lesson



X's dribble through river to other shore.

Pirates (P) try to steal ball from X's.

Pirate winning ball kicks it to shore and X must get it

X's count crossings in 2 minutes.

All groups get turn as pirates

Reinforce

Transfer

Match

LIFE SKILL: Fair Play

Participants: U8 Boys/Girls

Define: Play within letter & spirit of rules; respect player, coach & official

Explain: (see diagram)

Connect: Stay within boundaries; attack ball not person

Instruct: "play the ball till you reach the shore"

Reward: "good job attacking the ball to gain possession"

Question: How did we "play fair" in this activity?

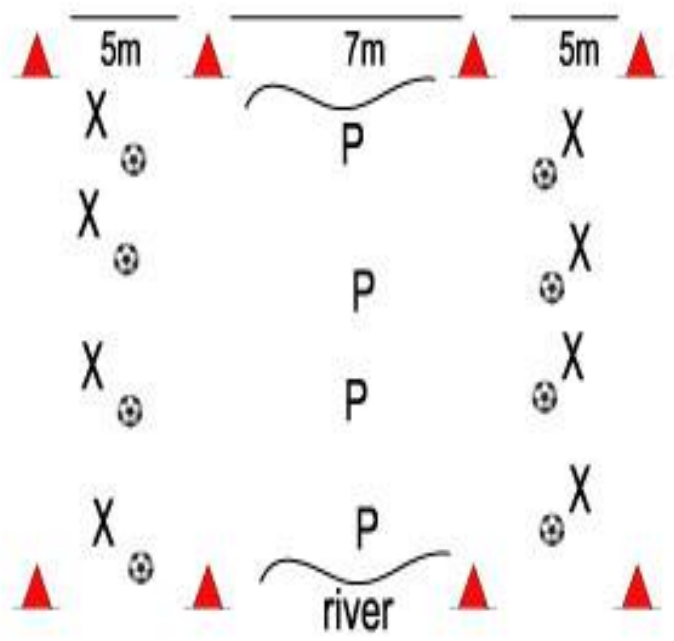
Relate: How do we "play fair" at home?

Encourage application: At home, we take turns when playing with toys

Follow-up: Did you take turns playing with toys today?

Kids Motivational Drill : Dribble through Pirates

Lesson



Reinforce

X's dribble through river to other shore.
Pirates (P) try to steal ball from X's.
Pirate winning ball kicks it to shore and X must get it
X's count crossings in 2 minutes.
All groups get turn as pirates

Match

Transfer

Define:

Explain:

Connect:

Instruct:

Reward:

Question:

Relate:

Encourage application:

Follow-up:

LIFE SKILL: Assertiveness

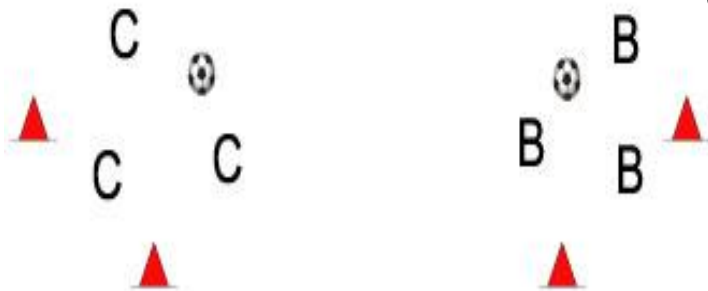
Participants: U12 Girls

Indoor/Mini Tactical Drill: Goal scoring/quick decisions (15)

Lesson



20m x 20 m field



Reinforce

4 teams, each defending one goal
 each team starts with a ball
 each team can score in other three goals
 after goal is scored, defending team gets ball
 teams can win balls from others in free play

Transfer
 Match

Define:

Explain:

Connect:

Instruct:

Reward:

Question:

Relate:

Encourage application:

Follow-up:

LIFE SKILL: Communication

Participants: U12 Girls

Why This Makes Sense!

Focus is on youth sport program's targeted outcomes.



Defines success in an alternative way for participant and coach.

Redefining success may reduce participant/volunteer drop-out rate.

QUESTIONS?

Kimberly J. Bodey, EdD
Department of Recreation &
Sport Management
812-237-2186
Kim.Bodey@indstate.edu



Rebecca Zakrajsek, PhD
Department of Physical Education
812-237-3906
Rebecca.Zakrajsek@indstate.edu