

Life Skills and Sport Drills





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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).

"Life Skills" in Youth Sport

Loyalty	Courage	Play Fair
Cooperation		Honesty & Civility
Self Discipline		Sportsmanship
Leadership		Critical Thinking
Perseverance		Aggressiveness
Self Control		Caring & Empathy
Competitiveness		Respect Rules

Expectations

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).

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.

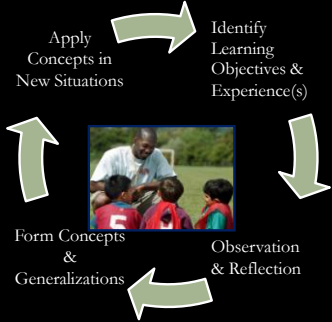



National Standards for Sport Coaches (NASPE, 2006):
 "The coach must structure opportunities for development of values that can be **applied inside and outside of sport**" (p. 7) and "The coach has a responsibility to **facilitate the development of positive behaviors** in and through sport" (p. 8).



Expectations cond.

Kolb's (1984) Experiential Learning Model







Kids Motivational Drill : Dribble through Pirates

Lesson

Define: Play within letter & spirit of rules; respect player, coach & official
Explain: (see diagram)
Connect: Stay within boundaries; attack ball not person

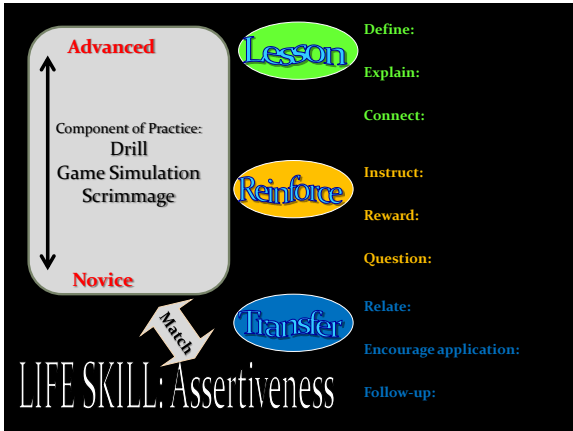
Reinforce

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?

Transfer

Encourage application: At home, we take turns when playing with toys
Follow-up: Did you take turns playing with toys today?

LIFE SKILL: Fair Play
Participants: U8 Boys/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?

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