



What Generation Gap?

Dynamics Between Today's Athletes and Yesterday's Coaches

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Who am I? And who is in the room?



Generational vs. Developmental

- **Physical**
 - Intense growth; hormonal imbalances
 - Movement from concrete to abstract thinking
- **Emotional / Psychological**
 - Seeking autonomy; testing limits
 - Sensitive to criticism; vulnerable
- **Social**
 - Negotiating identity
 - Seeking social acceptance with peers

So what is our role in all of this?



- Problem solve
- Find better ways to connect
- Teach and mentor
- Build relationships
- Identify similarities
- Use Gen-Y strengths to our advantage

Gen-Y: unique challenges opportunities!



Utilizing Gen-Y Attributes

- Confident
- Team-oriented
- Interconnected with peers
- High achieving & desire success
- Upbeat & open-minded
- Used to “pressure”
- Understand technology
- Accepting of authority



Coaches Can...

- Explore adversity
- Be creative
- Provide opportunities for decision-making
- Help students balance demands on time
- Adjust communication style
- Focus on “we” vs. “me”



Worksheet Activity: Part I



- Brainstorm generational characteristics of your students that impact your work
- Characteristics can be positive or negative

Worksheet Activity: Part II

- Review your list from Part I. Are there characteristics in that list that conflict with your own characteristics?
 - Generation
 - Core Values
 - Coaching style
 - Personality traits

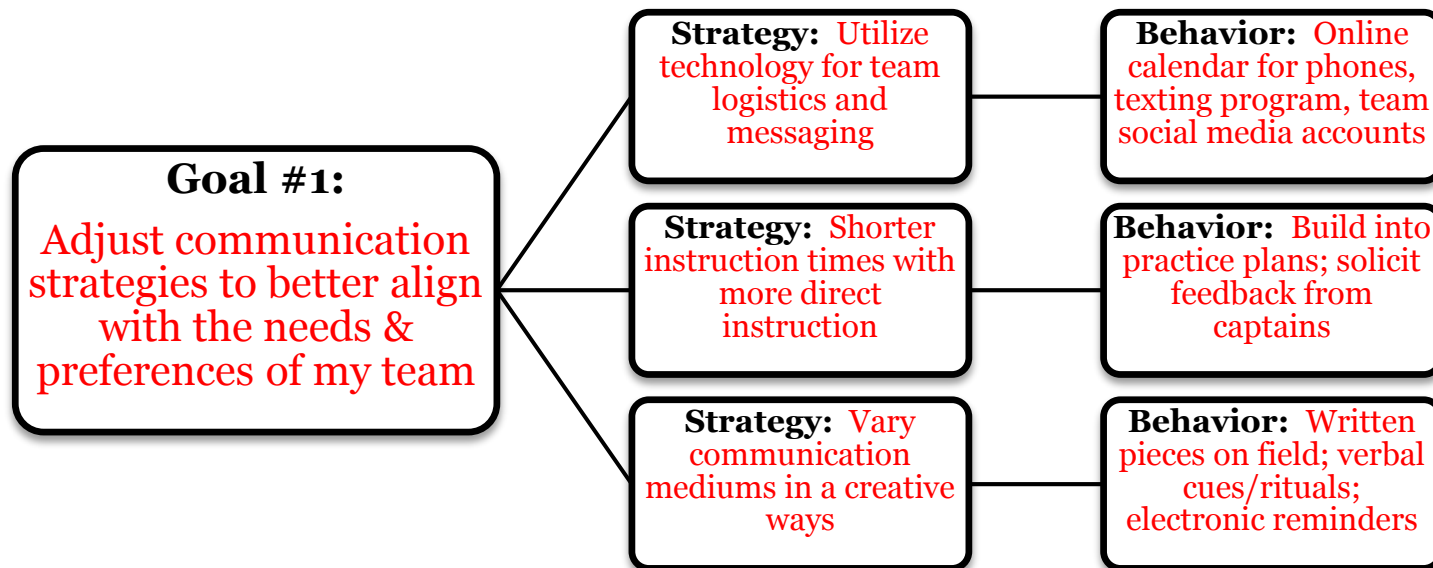


Worksheet Activity: Part III

- Identify a personal goal that is tied to alleviating a generational tension you have listed
- What strategies can you use to reach this goal?
- And what specific behaviors can you tie to each strategy? Be specific!



Worksheet Activity: Part III



Worksheet Activity: Part IV

- So what?
- Why is this important?
- What can you take away that you can use immediately in your work?



Primary Takeaway

- The golden nugget of wisdom:
 - Quality relationships trump all when it comes to (generational) differences



Thank you for your time today!

- Questions?