Coaching Social and Emotional Skills in Youth Sports:
   Relationship Building

Objectives
1. Learn everyone’s preferred name.
2. Make sure everyone understands the program expectations (e.g. commitment, sportsmanship, relationships).
3. Explain your purpose in focusing on relationship building.

Skills and Competencies in Focus
1. Increasing prosocial behaviors
2. Teamwork

Facilitate a conversation with your team using these talking points
- We demonstrate respect by learning names and using preferred names.
- We want our teammates to get involved and really commit. That means show up to practice, work hard for self and team, and make their season a priority.
- Encourage each other and hold each other accountable. Challenge teammates to represent each and the team through their actions on and off the field.

Tune into Team Progress
Listen to how your players talk to each other and what names they are using. When you hear something that doesn’t sound right, correct it. Remember: demonstrate what you want to see or hear. When you see or hear it, acknowledge it positively.

Summary (coaches deliver to the team)
Model respect by learning names, explain your commitment to the team as their coach, and how you plan to represent them on and off the field too.