Coaching Social and Emotional Skills in Youth Sports: Recognizing Strengths

Objectives
1. Athletes will identify strengths in each other (1 athletic attribute and 1 personal attribute)
2. Athletes will self-identify strengths (1 athletic attribute and 1 personal attribute)
3. Athletes will set a goal based on improving their strengths

Skills and Competencies in Focus
1. Understanding and recognizing emotions in oneself and others.
2. Longer term goal-setting and planning.

Facilitate a conversation with your team using these talking points
- It’s easy to be hard on ourselves and others, but we perform better when we recognize strengths in ourselves and others.
- After identifying strengths, have players discuss how their strengths make the team better.
- Have players identify one way they can continue improving their strengths.

Tune into Team Progress
Get familiar with your players’ goals, whether you helped set them or they did it independently. You can help them determine how they will measure success towards their goal and help them track their success.

Summary to close
Good teammates continually look for ways to improve so they can help the team and build others up. We may not be good at everything yet but can commit to get better at something everyday. Don’t be afraid to ask for help or advice from teammates and be humble when giving help or advice to your teammates.