CALLS FOR COACHES
Coaching Social and Emotional Skills in Youth Sports:
Respect for Others

Objectives
1. Players understand their roles as ambassadors of the team
2. Players understand types of questions they can ask in order to get to know other people

Skills and Competencies in Focus
1. Engaging in more complex conflict resolution and friendships.
2. Demonstrating empathy and perspective-taking.

Facilitate a conversation with your team using these talking points

- In the community, athletes represent your team. Within your program, you represent each other, your coach(es), and your sport. In both settings - represent to the best of your ability by showing respect for yourself and others.
- Respect can be hard at times, especially when you don’t “get” the other person. Learn how to engage with your peers, coaches and other adults. Ask questions in order to better understand each other. When we understand how people think or reasons behind their actions, it is easier to be respectful of their feelings and actions.

Activity/Assignment
Before the next practice, have each player engage with any adult of their choosing, other than their coach, and “interview” them. These should be short one-on-one conversations, not in groups. (Note: Their adult can be anyone they interact regularly with; a teacher, a parent, whoever brought them to practice that day, a friend’s parent, even an older sibling.)

- Ask your adult about their favorite thing about what they do.
- Ask your adult about the biggest challenge of being an adult.
- Ask your adult about how they stay motivated in spite of their challenges.
- Ask your own follow-up question.
- Be ready to talk about what you learned about your adult next week.

*Bonus assignment: Meet another kid you don’t know and ask them the same questions.
Tune in to Team Progress

What to look for: Make sure they’ve done the assignment. If they didn’t, don’t let them off the hook. Have them do it before the next practice.

Summary to close

We are all different. We have different backgrounds, family relationships, interests, things we love, and challenges we face. Getting to know those around us can be challenging but doing so can make it easier to understand one another and learn how to work with each other. Everyone is deserving of our basic respect. If you’re having a hard time showing it to someone, then learn more about them.