Coaching Social and Emotional Skills in Youth Sports: Empathy

Objectives
1. Students will understand their role as ambassadors and leaders
2. Students will analyze the effectiveness of showing respect and empathy and how they impact their relationships with others.

Skills and Competencies
1. Increasing prosocial behaviors.
2. Understanding and recognizing emotions in oneself and others.

Activity/Assignment Follow Up
- Ask for volunteers to summarize the conversations they had with their adults.
- Ask each of them how understanding their adult’s challenges makes them feel about their adults. You may already have some well-informed players who are already well aware of the challenges that adults face. If you can do so delicately, ask them how they have adapted in order to be more supportive of the adults in their lives.
- Have the students discuss how they exhibit leadership through demonstrating respect and empathy for their adults.

Tune into Team Progress

What to look for (Big Picture): You want to see how kids are interacting with the adults in their lives. Get creative for how you check on this: watch how kids interact with other coaches, referees and families while leaving practice, ask them directly, etc.

Closing

When you can show empathy towards others, they are more likely to show empathy towards you. Often when we treat others how we wish to be treated, they do the same. Sometimes, they don’t. However, part of your role as a leader is to stay true to your character and to those you represent, even when it might be hard.