



CALLS FOR COACHES



Coaching Social and Emotional Skills in Youth Sports Identifying Emotions

Objectives

1. Students will discuss emotions and how they respond to strange feelings

Skills and Competencies in Focus

1. Understanding and recognizing more complex emotions and situations.

Discussion

Ask: *Have you ever been mad for no reason, or sad but can't figure why? Or, have you ever just been in a bad mood with no real reason why?*

Take their answers.

Explain that we all deal with a lot of strange emotions, and sometimes they don't make sense. You can discuss hormones and brain chemicals at a basic level and reassure them that this happens a lot to this age group simply because their bodies and minds are developing.

Explain that learning to deal with these emotions involves being able to identify when they have these feelings, even if unexpected. Ask: *When you are feeling down or angry, and don't know why, what can you do?*

Answers: Talk to friends, talk to parents, talk to teachers, talk to you. Be explicit that they don't just have to get over it. If it doesn't pass, then they should talk to somebody. If they can't shake their strange feelings, it doesn't mean something is wrong with them. It just means that they need to find some outlet for their feelings and they can also talk to their coaches for support.

Tune into Team Progress

What to look for: Observe how kids handle their emotions during practice and games. Do they shut down? Do they lash out? Do they shake it off quickly? Do they tell a peer why they are frustrated? Create your team atmosphere as a safe space for having these discussions and expressing their emotions.



Summary to Close

Emotions can be hard to recognize. As you get older, you'll learn to understand them better and how to deal with them. However, emotions can always be difficult to manage so they don't always just get better because you get older. There is nothing wrong with you if you don't grow out of them or if you can't shake them. It's okay to talk to people and it's okay to get help.