



Working actions factor Relatedness

Actions for coaches/trainers

- Try to create a **close connection with youngsters** by adopting a pro-active posture, demonstrating physical and mental presence.
- Try to create a **warm environment** for youngsters by showing active interest and being accessible when they have questions, complaints or concerns.
- **Use appropriate social media** (the type that youngsters are using) to create other forms of communication with them.
- Make sure that the trainer/coach relates to the youngsters **respecting their background, ethnicity and cultural values**.
- Try **to be aware of what is going on with each one of your players**, team or even yourself, and try to prepare and develop among them the skills to better deal with difficulties and challenges.
- **Strengthen cohesion** by organizing group-related and team-building activities and by expressing a feeling of community in your way of communicating.
- Be empathetic **to injured youngsters**, for example by sending a card or other messages to wish them well.
- Try to **be available for your youngsters at difficult moments** so they can rely on you for emotional support.
- **Communicate honestly and openly** as a coach and do not compromise confidence and trust by speaking badly behind the back of your youngsters.
- **Talk to youngsters** if they seem unsatisfied and ask them what could be done better or what do they need to solve their problems.
- The coach/trainer should give personal attention to every youngster by allowing each one **speak with him/her** during any activity, giving room for both practical as well as emotional issues.

Actions for clubs

- Make sure practices and other activities correspond to the youngsters' perception by making them look **"cool" or "trendy"**.
- Invest in youngsters by offering them **trainings and workshops**, for example if they would like to become trainers or referees.
- By doing **many activities together** (sport, social and homework), with clear rules concerning positive behaviour, structure, respect, the youngsters get a feeling of belonging.
- Support youngsters with their volunteering activities at the club.
- **Involve girls in organizing activities** for girls and involve them in the board or commissions.

- Make sure there is **proper team gear** available and make teams responsible for the maintenance.
- **Connect a physiotherapist** to your club, which can provide support and make it easier for youngsters to cope with their injuries.
- **Be open for social internships** at the sports club.
- Try to **stimulate the fun aspect of the activities proposed** by providing different game types, fun elements, challenging activities, or activities which can reinforce curiosity and guided discovery.
- Organise **additional youngsters' activities** such as a party.