



Working actions factor Expectancies

Actions for coaches/trainers

- Hold an **information session** highlighting the main elements essential for the team/sport.
- **Be clear on the type and culture of the sport club**: competitive, recreation, fun etc
- Provide youngsters with a **clear layout of what they must do** (i.e. plan for training, warm up and take part).
- **Make clear rules and guidelines** together with the youngsters on time, clothes, effort, bullying and not attending.
- Try to communicate clear by **giving concrete expectations** and providing a structured format.
- **Ask questions during training** to ensure youngsters understand and develop realistic expectancies.

Actions for clubs

- Create opportunities to **discuss with youngsters and parents** the practice, sport and **club culture issues** in order to develop real and adjusted expectancies.
- Develop **good communication between the coach and stakeholders** about the club key messages.