



Working actions factor Coach-Athlete Relationship

Actions for coaches/trainers

- Create a **warm environment for your youngsters** by showing active interest and being accessible when they have questions, complaints or concerns.
- Create a **close connection with your youngsters** by showing physical and mental presence.
- Replace compelling (forceful) language by a **language that is more inviting**. Also, pay attention to body language.
- Coach the youngsters in positive behaviour and **build a relation of trust** and affection with them. Also provide for clear structure how to behave and which are the limits of a correct behaviour.
- **Be sensitive to the atmosphere** outside of the practice by **trying to get to know youngsters better**.
- **Communicate honestly and openly** as a coach and try not to speak badly behind the back of your athletes.
- **Allow youngsters to fill out feedback forms** or questionnaires to assess their happiness, enjoyment and confidence during training.
- **Do not make winning as the ultimate goal**; when winning becomes more important than the youngster, full participation is compromised.
- **Youngsters want their personal feelings respected** just as much as any adult. Treat them with dignity when participating in sports.
- Be **receptive for signs of irritation** by adopting a curious and motivating attitude when youngsters are resistant.

Actions for clubs

- **Ensure competence-supportive aid** by providing extra materials, demonstrations, or physical assistance at appropriate times.
- Ensure **coach-player conflicts are monitored and solved**.
- **Assess policies and guidelines on what to do when harassed or abused**, and mechanisms on how to report and get support when necessary.
- Ensure coaches give a **good example** during practice and games.
- **Remind the coach of the reasons why youngsters take part and why they dropout**.
- Inform coaches of **qualities players like to see** (e.g. fair, supportive, encouraging).
- **Organize team-building tasks/activities** to improve coach-player relationship.
- **Train coaches about gender equality**; it will make them aware about the different approaches for boys and girls.
- Impose a **coach observation sheet** so the coach can record players' attributes, content delivery and interaction with the players during sessions. This enables growth of the coach.