



softball

Motivating Your Players

Sports can help players develop positive motivation toward goal achievement. As a coach you play an important role in determining whether your players' attitudes toward achieving success will be positive (using realistic goals and appropriate rewards) or negative (being based on fear of failure). Previous research indicates that motivation will be high (and young athletes will persist in a sport) if their needs are met by that sport. It is important then, that we know what motivates children to participate in sports.

Why Children Participate in Sports

1. To have fun
2. To improve skills and learn new ones
3. For thrills and excitement
4. To be with friends and make new friends
5. To succeed

Why Kids Drop Out of Sports

1. Because of other activities
2. Because of work
3. No longer interested
4. Did not play enough
5. Skills were not improving
6. They did not like the Coach

How to help Motivate Your Players

1. Know your athletes
 - a. Determine why they are participating
2. Help the athlete improve skills and learn new ones
3. Make practice and game enjoyable
 - a. Make sure everyone participates
 - b. Involve players who are sitting on the bench
4. Allow players to be with their friends and make new ones
5. Help players understand the meaning of success
 - a. Encourage maximum effort in games and practices
 - b. Reward that effort
 - c. Help players set and obtain realistic goals
6. Use the positive approach to coaching
 - a. Be liberal with rewards and encouragement
 - b. Give rewards and encouragement sincerely
 - c. Reward and correct technique not just results
 - d. Have realistic expectations
7. Help Players set goals
 - a. Success should be possible for everyone
 - b. Practice goals should be more challenging and game goals more realistic
 - c. Goals should be flexible and continually evaluated
 - d. Set individual goals rather than team goals