

# HOW COACHES CAN HELP MAKE SPORTS FUN FOR EVERYONE!



Sport and being active is super important for shaping our kids physical and mental wellbeing. As coaches we want the best for our kids and want them to play to their strengths.

Let's face it, not every player is going to be a sports star; and most don't want to be! In fact, the reasons kids choose to play sport may surprise you...



According to George Washington University, here's the top 30 reasons, in order, kids want to participate in sports:



1. Getting compliments from coaches
2. Playing well during a game
3. End of season team parties
4. Practicing with specialty trainers/coaches
5. Exercising and being active
6. Getting compliments from other parents
7. A coach who listens to players and takes their opinions into consideration
8. When a coach encourages the team
9. Making a good play (scoring, making a big save, etc.)
10. Having well-organised practices
11. Having your parents watch your games
12. Going to sports camp
13. A coach who knows a lot about the sport
14. Getting clear, consistent communication from coaches
15. Playing rough
16. Being challenged to improve and get better at your sport
17. Getting along with your teammates
18. Taking water breaks during practice
19. Using a skill you learned in practice during a game
20. Being strong and confident
21. Playing on a nice field
22. Having the freedom to play creatively
23. Being around your friends
24. Doing team rituals
25. Playing different positions
26. Staying in hotels for games/tournaments
27. Having nice sports gear and equipment
28. A ref who makes consistent calls
29. Keeping a positive attitude
30. Winning



# WELLBEING POWER UPS

We know how important warming up our bodies is for playing sport, but it's equally important to warm up our wellbeing too – check out these activities!



## ENERGY ROLLERCOASTER

Help players think about their energy levels and how to power it up.

## CAN'T DO IT WITHOUT YOU

Give the team a shared goal (rather than individual or competitive goal). This is a simple trust game where the goal cannot be accomplished without teamwork.



## PIRATE PLAY

This one is great for the little ones! It's a drama based game to get them moving. Movement increases the flow of blood (oxygen and glucose) to the brain and will help with alertness and focus – give it a go!