

# What it means **SAMPLE PAGE**

## **to be an NYSCA certified coach**

Being an NYSCA certified coach does not indicate that you are qualified in the sense of a paid coach on the high school, college, or professional level. By virtue of your attending the NYSCA Training/Certification Program conducted by a qualified Clinician, NYSCA Headquarters certifies that you have been trained in your responsibilities to children in sports. Specifically:

- 1.** Responsibility for being aware of the psychological and emotional needs of children while participating in sports.
- 2.** Responsibility for knowing that safety and first-aid care are the most important factors in the well-being of children and that at all times a person of authority (physician, paramedic, etc.) should be called to treat any kind of injury.
- 3.** Responsibility for being aware that conditioning, nutrition, flexibility, and strength development are important factors in children playing sports.
- 4.** Responsibility that to the best of your ability you will teach the proper sports techniques.
- 5.** Finally, by signing the NYSCA Coaches' Code of Ethics Pledge, you are reminded that in youth sports the consideration of the children should be placed above all and that as an NYSCA volunteer coach you are held accountable to a Code of Conduct.

## **Emotional/social characteristics of children**

Thoughtful guidance and teaching can only occur if coaches know the emotional and social development characteristics of children.

The emotional characteristics of children ages 6-7 are that they need praise, warmth, and patience. They're dependent on adult approval, they have a short attention span and they have the ability to assume some responsibility. They also are often tense, upset, and unpredictable. Their social characteristics are that they're indecisive and sensitive to feelings of adults and peers.

For children ages 8-9 their fears are related to failure, trouble at home, making mistakes, and competitive situations. They want to do well but lose interest if discouraged or pressured. They're also sensitive to criticism and resent being treated as a child. Socially they're still striving for greater independence. They may be argumentative and careless but they're alert, friendly, and interested in others. They need and seek others.

Children ages 10-11 are awkward, restless and lazy as a result of rapid and uneven growth. There are wide individual differences in maturity with this group. They resent authority, worship heroes and have a fear of ridicule. Socially they identify with their own sex, and peers are more important than family.

For the 12-14 age range children have emotional instability characterized by a "know it all" attitude as well as being oversensitive. They are preoccupied with social acceptance with a fear of ridicule and being unpopular. They often strongly identify with an admired adult.



## **Use the three-strike approach for disciplining athletes**

- 1** the first time the child breaks the rules talk to them and make sure they understand a violation occurred.
- 2** if it happens a second time there may be a problem or extenuating circumstances, but you need to get more strict and tell them if it happens again disciplinary measures will be taken.
- 3** if it happens a third time the athlete may be telling you that they're not going to follow the rules and regulations.
  - *set limits and if you punish a player make it for a brief period of time.*
  - *when a punished player returns they've got to promise to follow the rules.*