

# Adolescent Development: Centering Athlete Needs

*Teens are not mini-adults! Coaches must provide physical, mental and emotional support.*



## Physical Development

- Emphasize proper technique to support growing bodies.
- Ask for quality reps over quantity.
- Adapt drills and activities to fit the skill level of each athlete.
- Promote rest and recovery.



## Social-Emotional Development

- Create opportunities for athlete autonomy and engage in shared decision-making.
- Acknowledge stress is inherent to sport and teach skills to respond.
- Allow space and time for athletes to self-regulate.
- Model positive behavior.

## Identity Development

- Model inclusivity through your words and actions.
- Do not assume anything about an athlete's identity.
- Help athletes create a holistic identity outside of sport.
- Be aware of social dynamics across your team and take time to address peer-to-peer issues.



## Supporting Athlete Mental Health

- Get familiar with mental health resources that are available to you and your athletes.
- Build a relationship with each athlete to understand their emotional baseline.
- Create ways to keep injured athletes involved with the team.



*Interested in learning more? These resources have you covered!*

- 🔗 [Ambitious Coaching™ - High-Quality Coaching Overview](#)
- 🔗 [Ambitious Coaching™ - Core Practice Handbook](#)
- 🔗 [UW Center for Leadership in Athletics Coaching Tools](#)



**CENTER FOR LEADERSHIP IN ATHLETICS**

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