

# Developing Youth through Sport

*Balancing performance with well-being and growth.*



## Foster Emotional Safety

- Know each athlete's preferred name.
- Respond to athlete mistakes with constructive coaching rather than physical punishment.
- Encourage athletes to try new skills.

## Promote Physical Safety

- Apply proper techniques to minimize injury risk.
- Ensure athletes have the fundamentals to train safely.
- Collaborate with injured athletes and medical staff on return-to-play protocols.



## Create an Environment For Learning

- Ask athletes what they would like to work on.
- Give athletes space to try things out and learn on their own.
- Talk less and provide one targeted piece of feedback.

## Model Positive Behavior

- Speak respectfully and temper reactions, even when things do not go your way.
- Prioritize your own mental and physical health by making time for self-care.



*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](#)