National Coaches Academy

Differences of coaching Males versus Females

How to get the most from your female ski racer
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Misconduct and abuse

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Message from my experiences

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A 1990 study by the American Association of University Women (AAUW) showed that

- 60 percent of elementary school girls are “happy the way I am”
- 29 percent of high school girls feel the same way

**Recommendations**

- Invite professionals to lead workshops on self esteem, sport nutrition and mental training
- Focus more on the process of becoming physically fit rather than on the outcome
- Understand that females often internalize comments about their bodies, taking them as reflections on their personalities or self-worth
- Build self confidence by providing opportunities for athletes to progressively develop and master skills. Help your athletes set attainable and measurable goals
Girls tend to hold grudges longer than boys, which will influence their interaction with each other and negatively influence team chemistry.

Boys, on the other hand, view their teammates as people with whom they play a sport.

**Recommendations**

- Take responsibility for managing the social dynamics of the team
- Hold social events outside of training
- Allow unstructured social time at the beginning of practice
- Know that cliques have the power to destroy a team
Motivation

- In general boys play sports for the individual need for competition

- Girls tend to be motivated by pleasing others
  - They can be motivated by showing how their work affects their progress.

- Girls need to know that they have a connection with the coach and that the coach cares about them
Anson Dorrance (1996), who has extensive experience coaching men’s and women’s soccer at the University of North Carolina

- A mistake many male coaches make is they try to motivate with the intensity of their own personalities (Dorrance, 1996).

- According to Dorrance (1996), “it’s crucial when you are coaching women to use the correct tone and body language to communicate, or at least have some sort of positive approach even if you are being critical.”
Responses to Criticism

- Males athletes depersonalize criticism. Even when the coach addresses their individual mistakes
  - They might deflect the criticism toward the entire team.
  - Male athletes are less responsive to criticism of their individual mistakes than they are to statements that call their skills and their very manhood into question.
  - Male athletes are motivated by challenges to their prowess, and driven to meet those challenges to prove their worth.

- Female athletes tend to internalize general criticism of the team, believing it applies only to them, and this affects their confidence

Read more:
Ethics

- It may be difficult for athletes to separate sports from everyday life because the two are typically so intertwined.
- Because coaches have a special relationship with athletes, they can influence the total athlete by encouraging them toward excellence in all areas of their lives.

Read more:
http://www.livestrong.com/article/510784-how-coaches-influence-athletes/#ixzz2dqZwFeq5
CHARACTERISTICS OF A FEMALE'S FAVORITE COACHES

- Fun
- Knowledge of the Sport
- Listened and Understood
- Encouraging
- Helped with Skills

CHARACTERISTICS OF A FEMALE'S LEAST FAVORITE COACHES

- Not Encouraging
- Negative
- Unfair
- Mean/Rude
- Favoritism
Most female athletes don’t believe they are as good as they are
  - Girls want to know how this will effect them and help them in the future

Male athletes sometimes believe they are better than they are
  - Boys put together a workout as they are building something like a table in “shop”

Males don’t overthink things, they just do it.
Females will have 500 ways to talk about why they like or don’t like
Summarizing Consistencies

- Positive talk
  - Encouragement to improve

- Keep lines of communication open
  - Have conversations about what they are working on

- Become a mentor
  - Everyone needs a mentor to believe in themselves

- Commit to athletes and their goals
  - They need to believe you care about their goals

- Constructive feedback
  - Need specific ways to improve
Male coaches, just like the best fathers with their daughters, can have a tremendously positive influence on a female athlete’s life that goes well beyond the sport. With this power comes responsibility.

Female athletes are capable of great things. To assist them in their path to success both on and off the field, it is important that we, as male coaches, recognize that there are inherent challenges in communicating with and understanding what motivates female athletes.
“Always remember the tremendous power you have as a coach to help another human being maximize their potential; pursue this awesome responsibility daily with intensity and integrity.”

Dr. Harvey Schiller, Former Executive Director, U.S. Olympic Committee

“Coaches, whether male or female, should be aware that female athletes...want to develop personal relationships with them and prefer coaches who communicate openly and are empathetic.

Female athletes value friendship and like to focus on team unity...They place a high value on personal improvement and prefer not to have their confidence attacked.”

Caroline Silby, author of Games Girls Play
References

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Coachery.com: How to Improve the Competitiveness of Female Teams

Read more:
Links and Acknowledgements

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