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Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.

STUDY GUIDE

Caring Climate Module 5:

Every Athlete Plays an Important Role on the Team

Learning Objectives:

- Explore how coaches can make every athlete feel like she has an important role on the team.
- Discover the benefits of making every athlete on your team feel like they have a valuable role.
- Develop strategies for recognizing high character qualities and positive behaviors athletes contribute to their team.

Reflect:

- Think about your experiences as an athlete...What roles did you play on the teams you participated in? How was your role communicated to you? Did you know what your role was? Did you know the roles of your teammates (if relevant)?
- In what ways have you observed coaches acknowledge and support players who are not starters or standout performers?
- In what ways have coaches made you feel confident and safe to make mistakes?
- Why is it important for coaches to give quality feedback to all athletes on a team?
- Think about a team you have been part of. Which athletes received the most recognition? Who was overlooked?
- Why do athletes continue participating on teams even when they aren't starters?

Review:

- Why is it important for coaches to recognize and let all players know what their role is? What problems arise if athletes don't know their role??
- What strategies help all players feel recognized and valued for their contributions?
- What things can coaches do to recognize unique athlete contributions?

Discover:

- What types of roles/contributions do coaches tend to notice most easily? Which contributions are often missed?
- How can you tell if a player feels valued—even if they rarely play?
- What behaviors or interactions signal that an athlete feels invisible on a team?
- How do role players, practice players, and supportive teammates influence team culture?
- Why is every role on a team important?
- How might an athlete's confidence be affected if their contributions are never acknowledged

Take Action:

- What will "every player matters" actually look like in your everyday teaching or coaching?
- Imagine you are the last player off the bench. What actions from your coach would help you feel valued?
- Develop a list of recognition statements you could use to recognize unique athlete contributions. For example: *I appreciate how you encouraged your teammate after that mistake.*
- Create a list of unique contributions coaches and teachers might look for and recognize in their athletes.
- Brainstorm strategies and meaningful team roles that communicate to every athlete, especially those with limited playing time, that they are valued contributors to the team's success.
- How will you provide meaningful feedback to all members of your team?