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Assignment: Developing and Motivating Girls

Purpose:

As a coach you have a unique role in fostering girls' intrinsic motivation and creating a nurturing climate that develops girls through strategies of care, competence and choice. You are tasked with creating three activities to support the development and motivation of your athletes.

Instructions:

Step 1: Read and reflect on the [3CS Strategies of Care, Competence, Choice For Developing & Motivating Girls](#) carefully.

- Create a system for strengths, areas for growth, and personal goals for improvement.
- Reflect on which commitments and strategies come naturally to you.
- Think about your biases as you reflect...Do these commitments come naturally to you when working with ALL of your athletes? If not, consider marking these areas in a different manner.
- Which commitments and strategies would you like to get better at?
- Choose 3-6 commitments or strategies that you will set as goals for personal improvement as a coach/teacher to better develop and motivate the girls you coach.

Step 2: Turn your Goals into Action

Design practical ways to put your goals into action. Choose at least three different formats (your choice!) that will help you follow through on your goals. By the end of this step, you should have at least three tangible products or action steps you can begin using right away.

Options could include, but are not limited to:

- **Practice Plan Adjustments:** Outline one or more ways you'll structure practices to reflect Care, Competence, and Choice.
- **Daily Coaching Commitments:** Write 2–3 specific commitments you'll use as reminders before or after each practice.
- **Goal-Setting Tools:** Create activities for athletes (e.g., goal sheets, progress trackers, or reflection prompts).
- **Coaching “Why” Statement:** Draft a statement that expresses your purpose and motivation for coaching. How will you hold yourself accountable to your “Why”?
- **Ready-to-Go Resources:** Design supporting tools such as player get-to-know you interview questions, birthday certificates, recognition rituals, or team-building routines.
- **Policy/Handbook Resources:** Create a handbook that address policies for zero bullying tolerance, how will conflict be handled, include places for team/athlete choice- for example: Team Expectations will be added after the team creates and agrees on these together (Consider creating your plan for how you will take your team through this process)
- **Team Meetings:** Create a team meeting to teach a topic of your choice: leadership, growth mindsets, positive self talk, taking care of your mental health, etc

Step 3: Reflect and Plan Ahead

After creating your tools and action steps, take time to reflect on how you will use them in real coaching situations. Consider:

- How will you integrate these strategies into your daily or weekly routines?
- What changes might you make to practice structure, communication, or recognition to ensure all athletes experience Care, Competence, and Choice?
- What barriers might you encounter when trying to put these commitments into action, and how will you overcome them?
- How will you know if your athletes' psychological needs are being met? What signs of growth, motivation, or engagement will you look for?
- How will you continue to refine your approach as you gain more experience?

Write a short summary or outline that shares your next steps as a coach. This should include specific examples of how you'll use the tools you created and how you'll hold yourself accountable to your commitments.