



## STUDY GUIDE

### Foundational Module 3: Coaching Girls

#### Learning Objectives:

- **Understand common perceptions about coaching girls.**
- **Gain an understanding of the “Difference and Similarity Perspectives”**
- **Identify the connection between girls’ experiences in the world, and how gender, gender stereotypes and gender biases impact their experiences.**
- **Reflect on how some perceptions may be based on stereotypes and bias that are harmful to girls.**

#### Reflect:

What are some common perceptions you have heard or observed about coaching girls?

How do these perceptions influence the way coaches interact with or support girls in sport?

Can you identify any perceptions that might limit girls’ opportunities or experiences in sports?

How might societal gender expectations affect a girl’s confidence, participation, or performance in sport?

Can you think of examples where a girl’s experience in sports might be influenced by gender stereotypes?

How might positive stereotypes impact girls negatively?

#### Review:

Review the 5 types of biases. Which do you think is the most prevalent in teachers and coaches? Why? How is it harmful to girls?

Explain the similarity perspective. How can this be harmful to girls? What are things you can do to recognize the challenges girls face?

Describe the Difference Perspective and how it can be harmful?

What are things you can do to reduce gender biases?

### **Discover:**

Review the 5 types of biases. Which do you think is the most prevalent in teachers and coaches? Why? How is it harmful to girls?

How can I address differences in strength, endurance, and flexibility between girls and boys? What are the best practices for conditioning and strength training tailored to each gender?

How can I support the mental health and well-being of female and male athletes differently? What are the common stressors and mental health challenges unique to girls and boys?

How can I create a training environment that is challenging and supportive for all athletes? What methods can I use to foster a growth mindset and continuous improvement among both girls and boys?

How can I tailor my coaching to meet the individual needs of each athlete, regardless of gender? What strategies can I use to understand and support the unique strengths and weaknesses of each athlete?

### **Take Action:**

Reflect on one of your athletes as an individual—list their strengths, goals, and challenges beyond gender. Then, identify at least one way gendered experiences or biases (e.g., treatment in school, media messages, family expectations) may shape their sporting experience. Adjust your coaching approach to honor both their individuality and the realities of being a girl in sport.

Write about one time you treated athletes “as a group of girls” rather than as individuals. What assumptions were driving your decision? How could you reframe your approach to see and coach them first as athletes with unique needs, while still acknowledging the impact of gender?

Complete the [Harvard Implicit Association Test](#) (IAT) to explore your own gender bias (remember—everyone has bias!). Reflect on how your results might influence the coaching decisions you make, and identify strategies you can use to increase awareness and reduce the impact of bias in your coaching.