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



STUDY GUIDE

Foundational Module 6: Supporting Girls Needs

Learning Objectives:

- Understand the three psychological needs all of us have - relatedness, competence, and autonomy that in **Coaching HER®** we call '**The 3Cs**' = **Care, Competence, and Choice**.
- Identify the positive and negative outcomes that result when the 3Cs are and are not met.
- Reflect on your role in girls getting their 3Cs met in the context of sport.

Reflect:

Think back to your own experiences in sports—when did you feel most supported or cared for by coaches, teammates, or others? How did that impact your motivation and confidence?

Were there times when you felt a lack of support or connection? How did that influence your engagement or enjoyment in the sport?

Recall moments when you felt most competent or capable as an athlete. What role did your coaches play in helping you develop those skills?

Were there situations where you felt your competence was overlooked or undermined? How did that affect your performance, confidence, or willingness to keep playing?

When did you feel you had meaningful choices in your sport—about your position, training, or how you participated? How did that affect your motivation or sense of ownership?

Review:

Define each of the three C's and give examples of what coaches can do to support them.

What are some positive outcomes in sport when girls' needs are met?

What are some negative consequences of girls' needs not being met in sport?

Discover:

Think about an athlete you know who is having a difficult time...Which need of the athlete (Care, Competence, and Choice), do you think is not being met? How could you better support that need?

What are some things you can do to make your athletes feel more cared about?

How could you implement choice into your practices, game day routines, uniforms, team building activities, etc?

How will you balance structure and athlete voice so they feel ownership in their sport experience?

What strategies will you use to ensure every athlete feels valued and included on your team?

How will you structure practices so athletes experience growth and a sense of accomplishment?

Take Action:

Look through the [3CS Strategies of Care, Competence, Choice For Developing & Motivating Girls](#) document. Highlight areas that are strengths for you and circle areas you could improve. Begin to make a plan for how you can grow as a coach to better meet the needs of the athletes you coach/teach.

Determine how you will intentionally build trust and connection with each athlete?

Brainstorm/create various feedback methods you can use to reinforce effort, progress, and skill development?

Establish opportunities for meaningful athlete choice in training, roles, and/or routines?