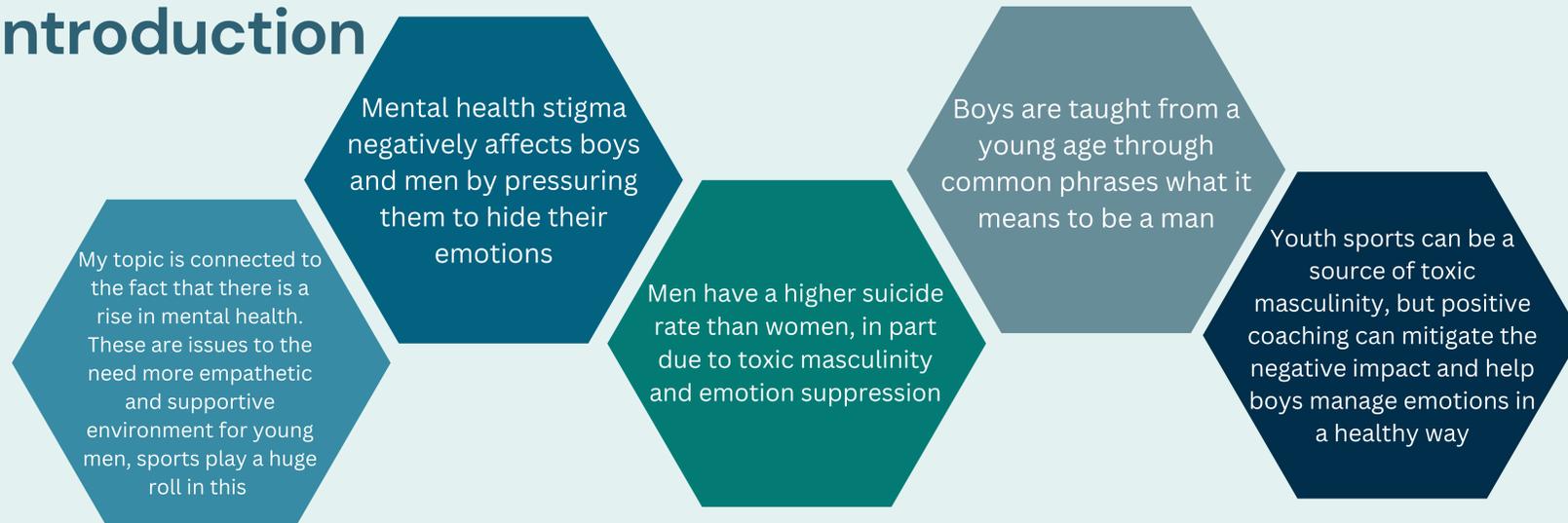


How Positive Coaching Impacts Youth in Sports

Isai Pulido, Palo Alto High School

Introduction



Data & Findings

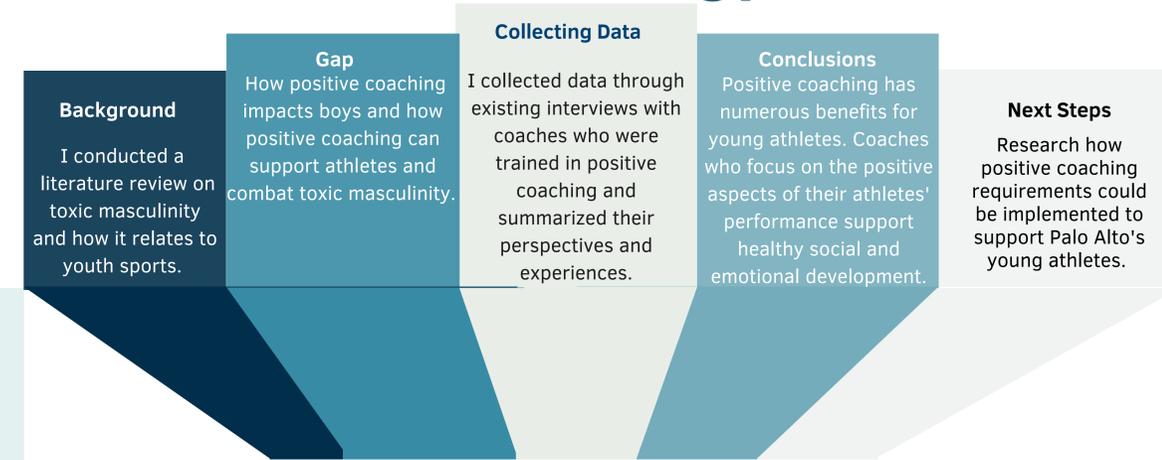
Recent studies show there are approximately 45 million youth in sports (aged 5-18) in this country. Sports can be a vehicle of positive development in terms of personal growth, confidence, and overall well-being.

According to HPA Livewell, successful youth coaches promote connection, team spirit, and working together for a common goal. Additionally, through the use of positive reinforcement, coaches promote young athlete's self-esteem and confidence.

Develops Life Skills- Positive coaching can help youth athletes develop important life skills like leadership, communication, and problem-solving. By teaching these skills in a positive and supportive environment, coaches can help their athletes succeed both on and off the field.

Reduces Negative Behaviors - Positive coaching can also help reduce negative behaviors like bullying and unsafe behavior. When coaches model positive behavior and encourage athletes to do the same, it creates a safer and more inclusive environment for everyone involved.

Research Methodology



Conclusions & Implications

- Positive coaching benefits young athletes in various ways:
- Develops life skills
- Builds confidence and self-esteem
- Coaches who model positive behavior create a safer and more inclusive environment
- Coaches should focus on the positive aspects of athletes' performance to support healthy social-emotional development

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