

Gender Perspectives and Coaching

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WOMEN COACHES
WE WANT YOU



**WOMEN COACHES
WE WANT YOU**

BARRIERS FOR WOMEN WHO COACH

A magnifying glass with a silver handle and a circular lens is positioned over the word 'COACH' in the title. The lens is centered on the word, making it appear larger and more prominent than the rest of the text.

FAMILY CONFLICTS * STRESS AND BURNOUT * GENDER INEQUITIES

SALARIES * LACK OF ROLE MODELS * INADEQUATE TRAINING AND EDUCATION

"I love coaching! It's a great challenge. It's great for personal and professional development, to really find out who you are and how you react under pressure."



WINNING ISN'T EVERYTHING...



IT'S THE ONLY THING.

WOMEN IN COACHING



PASSION

SUCCESS

SUPPORT

OVERCOMMITMENT

SUCEDER

ISOLATION

Key Components to Retaining Girls in Sports Programs

Safe environment

Emphasize learning and fun

Provide girls with female role models as coaches



SPORT CAN!

EMPOWER

CHALLENGE

TRANSFORM

RESILIENCY

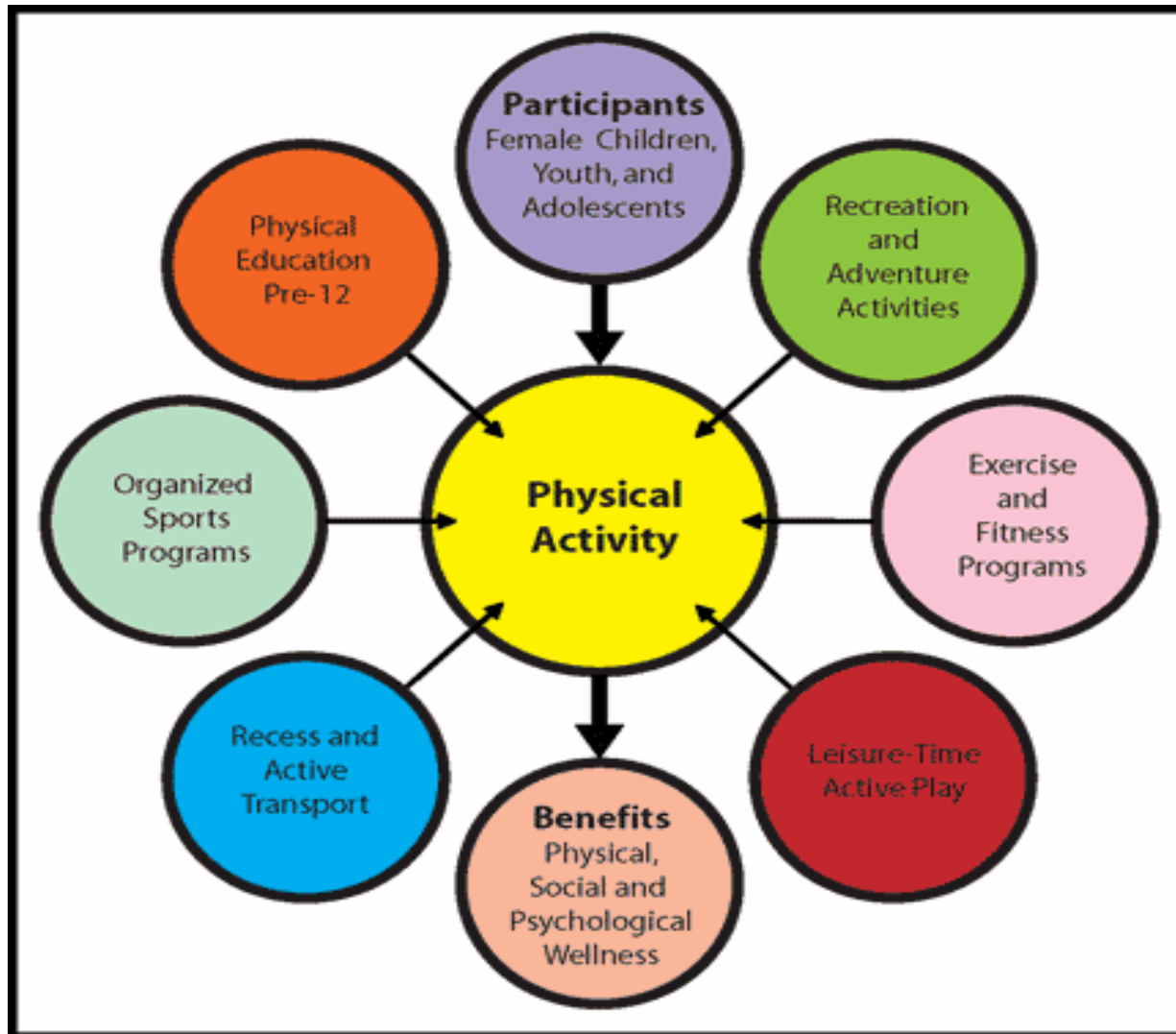
STRENGTH

SAFE SPACE

FUN

The 2007 Tucker Center Research Report

Developing Physically Active Girls:



Girls' Participation Patterns

- Girls' participation is at an all time high yet there is a decline in participation in team sports
- Girls do not get the health benefits of moderate to vigorous physical activity (MVPA) from sport
- While participation is increasing in individual sports



Girls' Participation Rate

- Girls lag behind boys in all types of physical activity
- Girls join organized sports at later ages
- Girls are less likely to have played on one or more sports teams

CHART ABOUT GIRL'S SPORT PARTICIPATION

QuickTime™ and a
decompressor
are needed to see this picture.

SCHOOL PROGRAMS: YES!

QuickTime™ and a
decompressor
are needed to see this picture.

Barriers to girls participation in youth sport

Environmental Issue

Sociological issue

Psychological issue



Psychological Dimension: The point is **FUN!**

What can coaches do to support athletes?

Coaches must set a climate that:

- *Reinforces improvement*
- *Focuses on skill, mastery and effort*

Coaches must avoid:

- *Ego oriented climate punishing for mistakes and poor performance*
- *Focuses on out performing others*
- *Favoritism*

Sociological Dimension: Avoid gender stereotypes!

- Popularity has different standards
- Femininity and sport do not mix
- Media continues to sexualize girls



Girls' Participation in Moderate-to-Vigorous Physical Activity (MVPA)

- Gradual decline in the MVPA as girls move from childhood through adolescence
- Declines are greater in African American girls than in white girls

Dropout rate for Girls Peaks at 14 or 15 years of age

- Girls are twice as likely to drop out of sports as boys...and they drop out at younger ages

What do we need to do?

“For girls to begin, maintain, and persist in physical activity and sport participation, communities, coaches, and parents must work together to reduce the barriers that stand in their way. Understanding and addressing those barriers are the keys to reversing these trends.” (Tucker Report, 2007.)



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RETENTIONS

- GIRLS'
SPORT RIGHTS



- GIRLS'
RESPONSIBILITIES

VS.



NEW PARADIGMS FOR COACHING



**CHANGING THE CULTURE OF
COACHING FOR WOMEN**

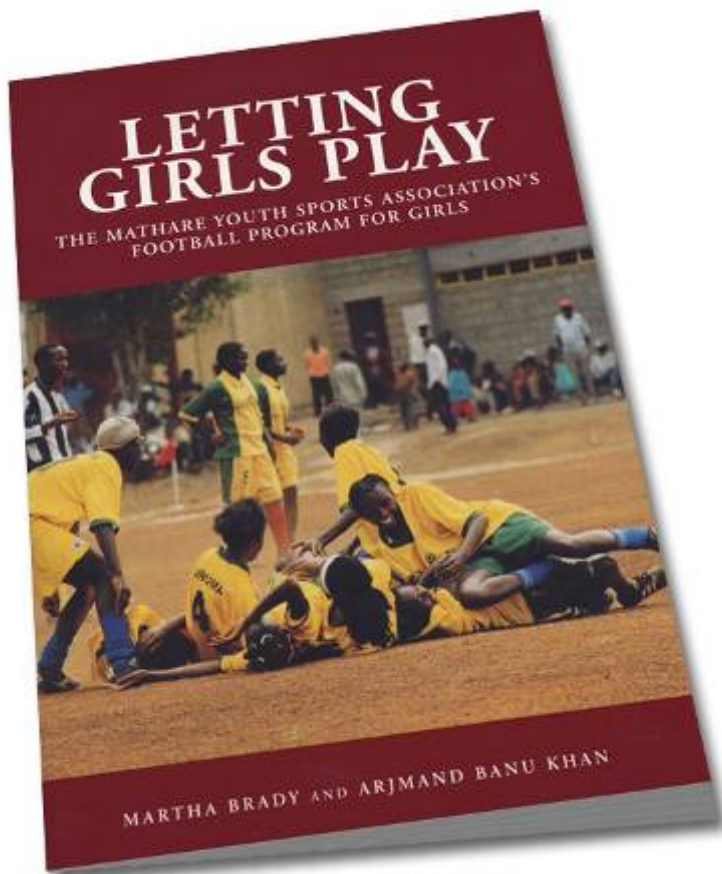
SOLUTIONS

HOW CAN THE COACH HELP?

- Play Games - Small side games
- Play-centered – Emphasize creativity and skill development
- Less organizing & directing, more freedom
- Set age-appropriate goals (achievements)
- Use gender neutral language
- Main goal is to have FUN

METHARE: LETTING GIRLS PLAY





Enjoy freedom of movement and expression

Form friendships, receive give peer support and enhance social networks

Receive mentoring support from trusted adults

Take advantage of new learning and educational opportunities

BREAKING DOWN BARRIERS WITH TABLE TENNIS BALLS



