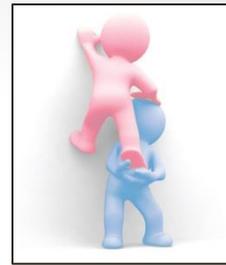


Motivating Female Athletes



Females tend to compete for different reasons than males.

Females will react to motivation techniques in a different way than males.

This is why females require different kinds of motivation to achieve.

Quite often men are coaching female's teams.

Men usually do not understand the dynamics of motivating and coaching female players. Obviously not the ideal situation and this can be frustrating for everyone involved.

If you can understand some of the differences in what makes them tick, you'll go a long way in successfully implementing the motivation techniques in this guide.

Here are some of the differences you should consider:

***First, simply by realizing that females react to motivation techniques differently will solve many problems. This will allow you to try different things and not get stuck on using a tactic just because it worked well with males.**

***This is an issue with males too, but with females you need to be especially careful about them spending too much time with only one or two teammates for partner work. Requiring them to switch partners and teams can be important .**

***Females tend to be more goal oriented than males.**

***Females tend to put a lower priority on winning than males. Everyone wants to win, but females tend to think more in terms of goals and the big picture.**

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***Males tend to put a higher priority on school sports, where females tend to put a priority on more than just sports.**

***Females appreciate more of a nurturing family type of environment with camaraderie. Conversely, too much yelling and screaming can be a big de-motivator.**

***A more Zen-like environment seems to be a more productive environment for females**



***Team chemistry and camaraderie is important for males. For females it is paramount! It's very important for everyone to get along and feel like a team.**

***Females tend to perceive their skills in more of a negative way than males. Many times they are better than what they think. So self-perception and confidence is very important for females. Make sure your players are comfortable with what is asked of them and their position on the team.**

***Clear and positive feedback is critical for females. They will respond to good communication, good listening, and frequent feedback. This is what they almost always want!**

***When coaching a female team, remember that they need that reinforcement that they belong. Give them confidence. Provide constant feedback and excellent communication. Spend lots of time developing camaraderie and team chemistry.**

***Remember each player is different and has different needs.**

Do the little things to show you care. Do all those things well and you'll have a team that will run through a brick wall for you!