

HOW TO BE EMPATHETIC WITH YOUR TEAM

BEWARE OF THE AGE AND STAGE OF YOUR PLAYERS

Think about the challenges your players face as they move through different life stages. Football might not come first for them. Teenagers will be going through puberty and will develop at different rates. While older players may have to juggle football with a job. So, adjust your coaching methods accordingly, and always offer encouragement.



GOOD TO KNOW YOUR PLAYERS

Catch up with them at training. Learn their needs, motivations and challenges. Ask about their day and plans for the week.

Create player passports. These are documents that players fill out with information about themselves.

Try to remember details and bring them up in conversation.



CREATE AN UNDERSTANDING WITH PARENTS AND CARERS

Engage with parents. They can give you insight into how the player is and anything they've been struggling with. Use what they tell you to inform your sessions. For example, a parent may say their child is stressed out by exams. So, plan a fun game to start the session.



CONSIDER YOUR COMMUNICATION

Listen to understand, rather than listening to respond.

Have open lines of communication with the whole team.

Ensure your approach is consistent so players know what to expect.

Be genuine. Empathy should naturally develop from real interest in players' well-being.

Know how and when players like to talk. Some may be fine with a quick chat on arrival or while playing. Others may prefer a quiet space.

