

COACHING DURING COVID-19 - PRINCIPLES AND RESOURCES

With school closures and social distancing, the COVID-19 pandemic has changed how we coach youth, but there remain opportunities to provide support and impact the lives of young people. The following provides some useful tips on how to continue to cultivate a nationwide SBYD coaching culture and grow our individual ability to create positive outcomes for young people.

PRACTICE GOOD SELF-CARE:

Self-care is hugely important during this period. Use the full suite of trauma-sensitive coaching skills to reduce personal stress and find balance.

Ask yourself:

- What do you look like (*body language, dress, personal hygiene?*)
- What do you sound like (*words being used, level of communication, tone of voice?*)
- What are some good growth questions you can ask yourself during good stress moments (*ex. What can I do differently today to be more productive?*)
- What calming questions might you need during bad stress moments (*ex. What book do I want to start next?*)



After establishing a foundation of personal strength and wellbeing, we can support young people in our communities in these ways:

1 PRACTICE STRESS MANAGEMENT AND TRAUMA SENSITIVITY:

Remember that many young people, especially those who have experienced trauma, will be struggling with this sudden change in their daily routine. We will need to think about creative ways to help them connect and grow, and, as always, remember that behavior tells a story. Use your trauma-sensitive coaching skills (ask questions such as “What do you need?”) and continue to practice empathy for young people and communities.

2 CONTINUE TO FOSTER POSITIVE RELATIONSHIPS:

Young people are experiencing less contact with their role models and mentors, yet times of stress and struggle are when they need those things most. Seek creative solutions that are appropriate and safe to connect with the young people in your programs. For example, consider using FaceTime, Google Hangouts, or Zoom to connect virtually.

3 CREATE OPPORTUNITIES FOR PHYSICAL ACTIVITY AND SKILL GROWTH:

Remember our foundation of Coaching for Outcomes, the idea around intentionally tailoring our coaching activities for young people to practice and develop skills. Opportunities that are individual, trackable, and require little or no equipment are ideal. Think about using a Google Spreadsheet to track progress. For example, our partner Boston Youth Wrestling asked kids to track the minutes they were active and got over 20,000 active minutes last week alone!

Go to [Up2Us Sports At Home](#) to access more resources on how to support youth at this time!

