

Managing Emotions

Behaviours that demonstrate good emotional management!



A player demonstrates good emotional management when they:

- **Take a deep breath**, quickly get back in the game, and don't give in to frustration after they make a mistake (e.g., miss a pass, let the other team score). They focus on their next move, without letting disappointment get the best of them.
- **Stay calm and resist the urge to engage** when an opponent provokes or pressures a teammate. They choose not to react to anger or insults and stay focused on the game while maintaining their composure.
- **Maintain a positive attitude** when the team has a losing streak or when a game isn't going well. They encourage their teammates, try to lift their spirits, and keep a positive energy even during tough times.
- **Express their feelings calmly and respectfully** when they're frustrated or upset about a referee's call or a situation during the game by talking with the coach or a teammate afterwards to find solutions.

These behaviours are general guidelines. Adjust your expectations according to your players' age and skill level!



- **Prepare mentally before a big game** by doing breathing or visualization exercises to stay calm. During the game, even while under pressure, they stay focused and handle the stress constructively.
- **Take a few seconds to breathe deeply and calm down after a physical altercation** with an opponent to head off further conflict or a cycle of anger or retaliation.
- **Take time to unwind and mentally recover** after a stressful game or a packed schedule by relaxing or doing fun activities.
- **Take a mental break when they start to lose their composure** (e.g., after an unfair call by the referee) by focusing on their breathing or briefly stepping away from the situation.
- **Celebrate enthusiastically after a crucial play but remain focused on the game.** They avoid behaviour that could cause unnecessary tension or negative reactions from the opponent.

Teach and reinforce these behaviours on a daily basis to help your young athletes manage their emotions!