



Makings of a successful youth coach
– A Singapore perspective

Troy Engle
Director
CoachSG
Singapore Sports Institute



#CoachAsLeader

Where Did All the 16 Year Olds Go?

Common Excuses for Quitting Sport:

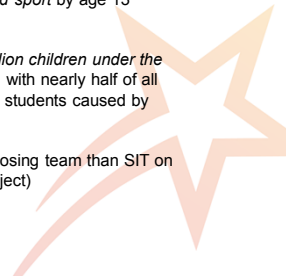
- "I'm not getting any better..."
- "I'm burned out and tired"
- "I want to try a different sport"
- "It's not fun anymore"
- "I keep getting hurt"
- "I can't balance both academics and sport"
- "The coach doesn't understand me"







Is the Problem Unique to Singapore?

- In the U.S., 70% of children quit organized sport by age 13 (National Alliance for Sport)
- Every year in the U.S., more than 3.5 million children under the age 14 need treatment for sports injuries, with nearly half of all sports injuries for middle and high school students caused by overuse (CNN)
- 90% of children would rather PLAY on a losing team than SIT on a winning team (Changing the Game Project)




What is "Unique" to Singapore?

- Impact of hourly wages on coaching
- Perceived pressure to win on coaches
- DSA and early specialization
- Academic pressure

2014 George Washington University Study (Visik)


- Number one reason kids quit – it's not fun!
- Definition of "fun"

MORE FUN	LESS FUN
1. TRYING YOUR BEST	48. WINNING
2. WHEN COACH TREATS PLAYER WITH RESPECT	49. PLAYING IN TOURNAMENTS
3. GETTING PLAYING TIME	46. PRACTICING WITH SPECIALTY TRAINERS AND COACHES
4. PLAYING WELL TOGETHER AS A TEAM	67. EARNING MEDALS OR TROPHIES
5. GETTING ALONG WITH YOUR TEAMMATES	23. TRAVELING TO NEW PLACES TO PLAY
6. EXERCISING AND BEING ACTIVE	81. GETTING PICTURES TAKEN

Much less of a priority than simply having a chance to play.

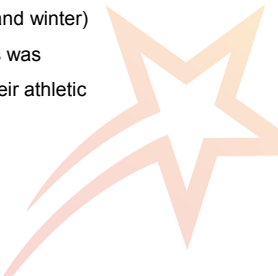
- Top Five Characteristics of a "Good Coach"

What Kids Want From A Coach
1. RESPECT AND ENCOURAGEMENT
2. POSITIVE ROLE MODEL
3. CLEAR, CONSISTENT COMMUNICATION
4. KNOWLEDGE OF SPORT
5. SOMEONE WHO LISTENS




U.S. Olympic Team Data

- 88 percent of all Olympians (summer and winter) felt that playing several different sports was either 'valuable' or 'very valuable' to their athletic development




Kids Just Aren't Like They Used to Be!

- “Kids are spoiled and don't work as hard as they used to”
- “Today's kids are soft”
- “I spend all my time with the problem kids”
- “How can I be expected to make sessions fun when my job depends on winning?”
- “I just can't understand today' kids!”



Generation Y (Tim Elmore)

PROS

1. They feel special and needed.
2. They own the world of technology.
3. They love community.
4. They are the focus of their parents.
5. They are high on tolerance.
6. They've had a fairly easy life.
7. They catch on to new ideas quickly.
8. They can multi-task.
9. Bias for action and interaction.
10. They want to be the best.
11. They plan to live a life of purpose.
12. They are confident and assertive.
13. They hunger to change the world.

CONS

1. They can act spoiled and conceited.
2. They expect quick and easy results.
3. They often won't act outside of their clique.
4. They may be unable to cope with reality.
5. They often lack absolute values.
6. They may lack stamina to finish school.
7. They struggle with long-term commitment.
8. They often can't focus on one clear goal.
9. They're too impatient to sit and listen long.
10. They can get depressed when they aren't.
11. They often neglect tasks that seem trivial.
12. They can come across careless and rude.
13. They anticipate doing it quickly and easily.

Moving Forward...

- How do we, as coaches, “change”?
- Is it possible to have “fun” sessions and yet focus on skill development?
 - Skill then Fun (conditioning)
 - Compatible and Complementary Training
 - Limit Training Hours (with approval)
 - Encourage athletic development over early specialization

