

TRAUMA RESPONSIVE COACHING

Trauma responsive coaching is the practice of understanding the presence of trauma in a coach-player relationship, and how to use that understanding to build player resiliency and solution-forward resolution.

Here are some suggested practices for trauma-informed coaching.

- 1. Build honest and trusting relationships with your players**
 - ▶ Praise and recognize players, not just for their football skills but for how they contribute to the team in other ways or other accomplishments off the field.
 - ▶ In an age appropriate manner, talk openly about how you handle hard days.
- 2. Create an emotionally safe and structured environment for your players**
 - ▶ Be mindful of your language. What you say and how you say it to your players matters. Avoid cursing, name calling, and humiliating your players.
 - ▶ Start and end practice on time, and create arrival and ending rituals that help them transition.
 - ▶ Announce the plan for the practice, particularly when the more challenging parts will be, when the breaks are, etc.
- 3. Foster resiliency and empower your players**
 - ▶ Model respect and control when interacting with players.
 - ▶ Balance between allowing your players to experience autonomy with offering structure.