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WAYS FOR COACHES TO ENCOURAGE GIRLS IN SPORT



1. Cultivate a sense of belonging; through listening to girls' experiences, creating a judgement-free environment and encouraging friendships.



2. Tackle barriers to girls playing sport; this could be anything from lacking confidence to feeling unsafe getting to training sessions on dark evenings.



3. Make it fun! "Sport can be tough...so by making it as fun as possible and giving them control over their own learning, I hope that we can encourage girls to stick with it" - Georgina Roberts



4. Believe girls' pain. When girls say that they're in pain or struggling, for example with period pain, believe them, act with empathy and make accommodations.



5. Celebrate effort, not just accomplishment. "Celebrate the short-term improvements rather than just long-term success" – Tanya Martin

