

# Sport rage incidents – what coaches should do

Despite your best intentions, sport rage incidents may still occur.

While it is your club committee's responsibility to deal with incidents, as a coach you should understand and support the process.

## When an incident occurs, you should:

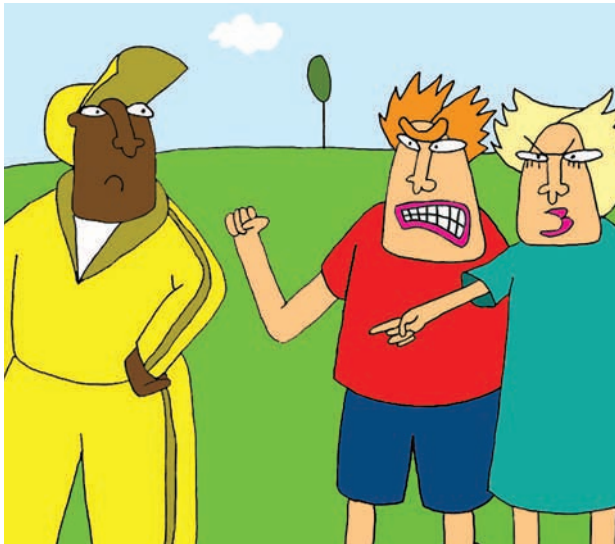
- ✓ Report it to the ground official or club committee member
- ✓ Stay calm and collected.

## When confronted with sport rage, it's important you don't:

- ✗ Retaliate or approach the offenders
- ✗ Get upset by emotional reactions
- ✗ Ignore it and allow situations to get out of hand.

It is the responsibility of the ground official or club committee member to approach offenders and take action.

Clubs/associations should have a process in place for dealing with sport rage.



## Kids' comments

For coaches, it's a good idea to reflect on what children really want from sport. Here are some typical comments:

'I don't mind if I don't win every time I play – in every game someone has to lose.'

'My dad is great – he just watched.'

'We don't have a scoreboard, but we do have the best meat pies.'

'I don't play anymore because mum used to yell too much. I got sick of it.'

'I don't really care who wins as long as I have fun... although it's good to win at least once.'

'When spectators yell at the referees it's like that person has wrecked the game for everyone.'

'I feel good when we score a goal, I guess the other team must feel the same when they score.'

*Taken from the Central Coast Sport Rage seminar, 2003 and Kids Sport – A Very Real Guide for Grown Ups, Denis Baker*

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[www.dsr.nsw.gov.au/sportrage](http://www.dsr.nsw.gov.au/sportrage)

# Stamp out Sport rage

## Tips for Coaches



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## Let's stamp out sport rage

Sport rage is any violence, foul language, harassment, abuse or bad behaviour by players, coaches, officials or spectators of sport.

Simply put, sport rage is bad for sport. At its worst, sport rage risks safety, reduces enjoyment, tarnishes clubs and can lead to drop out.

Sport can do without sport rage. Play your part – stamp out ugly sporting behaviour.

## What coaches can do

Coaches can help create a positive sporting environment and reduce sport rage by being good role models. To do this:

### ✓ Encourage fair play

- Respect opponents, spectators and officials
- Thank the officials and opposition after the game – teach your players to do the same.

### ✓ Respect officials

- Accept decisions by officials – they are only human and can make mistakes
- Deal with any issues in a controlled and professional manner after the game.

### ✓ Uphold your club's code of conduct

- Understand, uphold and support your club's code of conduct for coaches.

**For coaches of junior sport, it's also important to:**

### ✓ Help kids enjoy sport

- Emphasise trying hard and having fun, not only winning
- Never ridicule or yell at a child for making a mistake.

### ✓ Communicate with parents

- Arrange a pre-season meeting to discuss expectations
- Always greet and welcome parents.

[www.playbytherules.net.au](http://www.playbytherules.net.au) is a great place to learn more about fair play in sport.



## Self test: Which coach are you?

The majority of coaches do a great job of creating a safe and enjoyable sporting environment for everyone. But others could be creating tension which contributes to sport rage. Which coach are you?

### The Screacher

sees all the negatives on the field. Everything is going wrong and they yell constantly at players and officials. The Screacher must focus on the positives and discuss issues at an appropriate time, such as training.

### The Over Analyst

sees the players as professionals. They are focused on perfection and pressure players, losing the fun factor. The Over Analyst might be better off in elite sport and should remember sport should be fun for players.

### The Wannabe Player

is reflecting their own skills on players. They assume all players should have the same skill level as them. The Wannabe Player should focus on the different skills and qualities of each player.

### The Demoraliser

makes the players feel as if they cannot get anything right. The Demoraliser should place more value on developing players' self-esteem and remember their crushing comments will deter players from participating.

### The Five Star Coach (you?)

focuses on the effort and not the outcome. They know that skill development balanced with fun is the key to a successful player and/or team. The Five Star Coach respects the officials and opposition and thanks them each week.