

## Dealing with "Winning and Losing" in Junior Sport

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A prerequisite for sport involvement is to "try and win." However, all too frequently competition ("trying to win") is confused with the outcome. Coaches will be faced with the problem of helping the players to deal with "winning and losing". Some of the problems associated with players coping with losing is that undue pressure is placed upon them to win in the first place.

*"Don't forget how hard it is to play"*

The motivational, harshly emotive "pep talk" by the coach before competition, where the emphasis is on how important winning is to the club, the coach and parents, can lead to tremendous loss of self esteem if the result does not go their way. In many cases, the motivational talk leads to over arousal resulting in anxiety and subsequent deterioration in performance at the Junior level. Coaches will go a long way towards helping the youth player accept defeat by accepting defeat themselves, thus setting a positive example for all to follow.

Youth players are being successful in competition if they:

- Try to do their best throughout the duration of the game.
- Try and carry out the skills of the game relevant to ability.
- Show respect to umpires, you the coach and opponents.
  - Play within the laws and rules of the game.
- Maintains discipline towards team rules and club policy.
  - Continues to play again next year.

In summary, Youth Coaches must remember that:

*Winning is not necessarily Success and Losing is not necessarily Failure.*

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