Helping Coaches
CREATE AN OPTIMAL TRAINING ENVIRONMENT FOR FEMALE ATHLETES

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WHY AREN'T WOMEN COMPETITIVE?
— John Doe

WE INVESTIGATED DEEPER
Statistics on Girls in sport
Discussions with Male colleagues
Review of Existing material

WHAT WE FOUND
Socialization

Égale
ÉGALITÉ PAR L'ACTIVITÉ SPORTIVE

WHAT WE FOUND
Socialization

“"
WHAT WE FOUND

Gender Culture

WHAT WE FOUND

Physical Distinctions

Growth
Injuries
Triad

Psychosocial Factors

Effective Communication

Physical Development

Workshop Goals

1. DEBUNK THE MYTHS
2. UNDERSTAND THE DISTINCTIONS
3. PROVIDE DIRECTION FOR ACTION
4. SHARE EXPERIENCES

Communication

Coach me like a man, treat me like a woman

MIA HAMM
Former USA National Women's Soccer Team

Psychosocial Factors

The route to the optimal environment

Step 1
• Acceptance

Step 2
• Hard Work

Step 3
• Performance
Physical Distinctions

1. Growth and Development
2. Injuries
3. Triad (bone density, energy deficit, menstrual disorders)

Coaches Feedback

1. Don’t understand why it was not part of their coach education
2. Could see improvement with the relationship with their athletes
3. Would recommend those workshops to any coach

Thank you

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