



Project DITEAM12

Diverse and Inclusive teams for children under 12



COMPETENCES FOR COACHES





COMMUNICATION WITH FAMILIES

Tips to enhance family-club communication

- What is this competence?
- Why is this competence needed?
 - How could children/ parents/ coaches benefit from this competence?
- How can this competence be achieved?



CREATION OF A SCHOOL FOR FAMILIES

- 1) Create a space for communication between families and the club.
- 2) Establish regular meetings with families (before, during and at the end of the season).
- 3) Establish follow-up sessions with the families to evaluate the academic evolution of the athlete during the course.
- 4) Offer training to families on topics of current interest.
- 5) Offer educational or psychological support to the families most in need.



TRAINING TOPICS TO OFFER TO FAMILIES

- 1) Addiction prevention
- 2) Control and management of new technologies
- 3) How to create positive environments at home
- 4) How to combine studies and sports
- 5) How to create a study schedule for my children

HOW TO HAVE A GOOD MEETING WITH FAMILIES



- 1) Listen to their demands, complaints and needs.
- 2) Make them feel understood
- 3) Ask them: What do they expect from the club? How can they be helped?
How can we help them with their children?
- 4) Reach an agreement by setting goals.
- 5) Getting started



HOW TO INVOLVE FAMILIES IN YOUR CLUB

- 1) Select tasks within the club that can be delegated to parents.
- 2) Select delegates or representatives from the parent groups to communicate with them.
- 3) Allow families to join the training sessions, in shifts, so that they can experience the training sessions.
- 4) Allow a parent to take turns accompanying the team (in the case of team sports) in competition.
- 5) Involve families in the sports objectives of their children (making them participants, helping in decision making, helping in the establishment of objectives, etc.).

SESSION TO WORK ON "COMMUNICATION WITH FAMILIES" WITH COACHES THROUGH REFLECTIVE QUESTIONS.

A) Why do you usually communicate with families? What is the main purpose of these meetings?

B) On a scale of 1 to 10, where 1 is "a little" and 10 is "a lot". What is your level of communication with your athletes' families?

C) What could you do to increase 1 point on this scale?

D) Think of a time when you have had good communication with families or a successful meeting with families. What went well? What did you do to make that meeting go well? What was key to the success of that meeting?

(If there is an opportunity to answer these questions with a group of coaches, you can share the results with each other and create a list of responses.)





Activities





[Activities]

Google form
questionnaire
for parents

answer the questions in the questionnaire



Activities





[Activities]

creating 10 sports
behaviour values
for families

ENGLISH SCHOOL

The Decalogue for a Happy & Healthy School Environment

- 1** ▶ **We are all different and unique**, be friendly and polite to everyone.
- 2** ▶ **Respect people wherever you are...** Respect yourself.
- 3** ▶ **Respect the places around you** (school, street, home, parks, nature... Planet Earth).
- 4** ▶ **"Please", "Thank you" and "Sorry"...** three words that should always be on the tip of your tongue.
- 5** ▶ **Treat others as you like to be treated:** be kind, considerate and patient.
- 6** ▶ **Think before you act. Think before you speak.** Remember: what sounds good to you might be offensive to someone else.
- 7** ▶ **Ask for help** if you need it.
- 8** ▶ **Help others** when they need it.
- 9** ▶ **Do not be a passive witness.** Report what you know to be wrong or bad. Together we can all help each other.
- 10** ▶ **Be positive.** Never give up!



Good Practices



[Good Practice
example]



Each family gives the
premises of family
values to the
opposing families
team in the
competition



Think/ Practice!

What are the main conclusions you draw from this workshop regarding communication in formative sport?

