

## 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.

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#### 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 questionaire for parents

answer the questions in the questionnaire



## **Activities**





#### [Activities]

creating 10 sports behaviour values for families



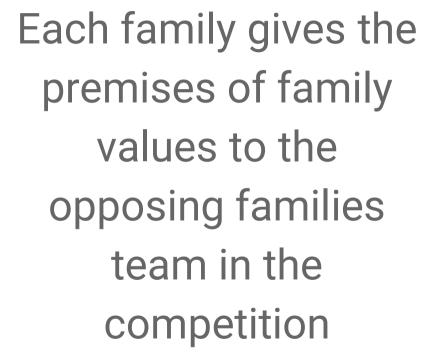


## **Good Practices**





## [Good Practice example]





## Think/ Practice!

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

