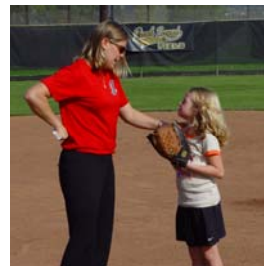


COACHING THE FEMALE ATHLETE

- Female athletes do not need to be coddled or pampered but a coach must be:
 - Honest.
 - Consistent.
 - Respectful.
- Find a female to help you at practice that can relate to the girls on the field.
 - A mom
 - An older sister
 - A neighbor friend
- Avoid embarrassing them in front of their peers;
 - Treat them all as equals from star to bench player.
 - Female athletes will hold onto these issues until they are dealt with.
- Communicate to your athletes on how you feel about them. Listed below are some issues that should be communicated regularly with female athletes.
 - Their role and value to the team needs to be laid out and clarified.
 - They want to understand their strengths and weaknesses.
 - They want to see that you care for them as much as a person than as a player. Talk with them about things other than softball.



- Generally the female athlete has a greater need to understand how and why they are being asked to do something.
 - They need to feel committed to the process before putting their energy completely into action.
 - They want to understand the purpose rather than blindly following a command.

Help them understand the process.