Anger Management In Youth Sports
How Do You Handle It?

Examples of Anger Management

3 Focal Points of Anger Management in Youth Sports
- Between You and Players
- Between You and Officials
- Between You and Parents
What is Anger?
Anger is an emotion of displeasure, usually regarding an act or idea of another person or organization. Anger involves a sense of wronged ness, outrage, frustration, irritation, or violent conflict.
- Webster Dictionary

What causes Anger?
Internal Factors/Genetics and Perception
- Everyone is wired differently
- Caused by both External and Internal events

How do you interpret (process) events and situations?
- Person/ People: Co-worker, family member, etc.
- Events: Traffic Jam, Taxes Due, and Paris Hilton in the News!!!

What triggers anger in you?

Can’t lash out at every person or object that irritates or annoys us.

“Can’t Control Everything in Life!!
So Be in Control what you Can Control!!”
- Bad Calls, Parents, Weather, Players

You can control how you deal with these issues!

What are you Pet Peeves in Coaching?

How do you handle it?

Why Do We Have to Express It?
Can’t lash out at every person or object that irritates or annoys us.
4 Approaches to Deal with Anger

1. **Blow UP**
   - Act out in immediate reaction = Not Best Result!
   - Biological Effects of Anger are an increase in heart rate & in energy hormones, and adrenalin.
   - Emotional High-Jacked - “So Angry I Can’t Think Straight!”

2. **Expressing**
   - Healthiest method to deal with Anger
   - Only works when you make your goals clear on what your needs are and how to meet them without hurting others.

3. **Suppressing**
   - Hold it inside, Stop and think about it (Positive Thought), then React
   - Don’t let it fester – “The Kettle Boil Over”

4. **Calming**
   - Steps to calm down - Lower heart rate, deep breath, walk away

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How many angry people you know are successful?

Mike Tyson Bites Ear

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Anger Management Starts With...
1. How do you know you have anger?

2. How do you deal with anger?
   Voice Louder
   Body Tense

   Ever said something in anger that you can never take back?

3. What are your triggers for anger?

4. How can you foresee these triggers and can you prepare to react to them?

Anger Management Towards Our Players

Think back to a time and place when you were scared of an authority figure.

- How did it make you feel?
- How did you react?

- Remember that feeling when you are communicating with a player!
- Over critical coaches can create anger in the players.
- Fear motivation will force players to make mistakes.
- Are your expectations too much for them to handle? ... And can you handle it when they are not achieved?

Teaching Our Players to Handle Anger

Instead of Pointing the Finger, Pull The Thumb
(for coaches to player and player to player)

Don’t blame someone else, what can I do!

Express how you feel about the situation rather than blaming right away.

Is there a way you can help the kids talk to each other before “tattling” to an adult.

Tattle versus talk.
Dealing with Officials & Parents

All eyes are on YOU... Your Reaction will be seen by players, onlookers, league officials, etc.

How do you want to be seen?

*We are ALL are Adults (We Hope)*?

**Key Reminders**

1. Use Your Voice
2. Never Use Profanity
3. Avoid Threats
4. Defuse Situation (Don’t use emotions to communicate)
5. Ask for their view of the situation.
6. Don’t Argue “When you are calm we can discuss the issue.”

Resolving a Conflict

1. Permit the other person to talk without interrupting.
2. Limit discussion to current issue.
3. Choose best time to discuss the issue.
4. Always use the Golden Rule: “Do unto others as you would have them do unto you.”

Role Play

**Situation #1**

Irate parent about play calling storms the field after the game to speak with coach.

**Situation #2**

Official missed a holding call for a game winning touchdown.

**Situation #3**

Down by 3-3rd and 2 on the 15 yrd w/1 minute left in game

Player runs the wrong direction on play causing a turnover
Resources for Anger Management

Anger Management
www.angermgmt.com

Controlling Anger -- Before It Controls You
www.apa.org/topics/controlanger.html#strategies

www.AngriesOut.com

Kids’ Health
http://kidshealth.org/