



COACHING STUDENT ATHLETES SERIES

Effective Communications

EDUO 9724 One Semester Credit/Unit

Instructors Dick Bach & Ernie Shaffer

Note: This is a Public syllabus of the course. For a full detailed syllabus please email the instructor.

Course Description

This class will explore all kinds of communications - effective and ineffective, positive, negative, verbal and non-verbal with the goal of helping the teacher/coach be an effective communicator. Good listening skills will be a main concern.

Required Text: Successful Coaching-4th Edition by Rainer Martens, Human Kinetics; 4 edition (February 17, 2012)

Course Objectives

By the end of the course, the participants will understand:

- Six Reasons for Ineffective Communication.
- Eight Reasons for Negative Communication Techniques.
- How to Build Credibility with his/her Athletes.
- The Importance of Good Listening Skills.
- Concepts and Skills Involved in Non-Verbal Communication.
- Eleven Principles of Effective Reinforcement.

Grading Rubric

| Exemplary A+-A- | Acceptable B+- B- | Unacceptable |
|---|--|--|
| All text book assignments are complete and accurate. | All text book assignments are complete and accurate. | Textbook assignments are incomplete and/or contain inaccurate or inappropriate responses. |
| All application assignments are reflective, thoughtful, clearly identifiable and relevant. | All application assignments are complete, identifiable and relevant. | Application assignments are incomplete and/or irrelevant. |
| Overall appearance is very well organized and free of spelling and grammatical errors | Overall appearance is generally organized with limited spelling and grammatical errors. | Overall appearance shows little organization and has spelling and grammatical errors. |

Assignments

1. Ineffective Communications

Read and study **pages 84-103** in your text.

1a. On **pages 84-91** in the text, there are six reasons for ineffective communication. Relate to these ineffective communication techniques by writing a story about when you or others used some of them as a coach, teacher, parent, employer etc.

1d. After studying the eight negative communication techniques on **pages 85-92** specify what you could do to improve your communication skills by not becoming seduced by any of the negative eight.

2. Credibility

Having credibility with your athletes is essential for effective communications. How are you going to prepare yourself in the following areas to be a credible communicator?

1a. Specific instruction versus judging

3. Listening Skills

Read & Study pages 91-101 in the text

Good listening skills are important for a coach in developing effective communication skills.

The most effective listening skill is called active listening. Study pages 98-100 in the text.

3a. Show that you understand that active listening is listening for the student/ athlete's feelings (not necessarily the words they say) by listing made up examples of what is said and then giving feedback to the feelings and not the words.

3d. How will you prepare yourself to be a good communicator with effective listening skills?

4. Non-verbal Communication

Read and study pages 100-101 in the text

4a. List the ways that humans communicate non-verbally.

4c. How will this activity help you communicate more effectively with your athletes?

5. Effective Reinforcement

The text states that effective reinforcement is a valuable communication skill. When the consequence of doing something results in a tendency to repeat the behavior, reinforcement is involved. When it results in a tendency not to repeat the behavior, the consequence can be seen as punishment. Indicate how your program will use these eleven principles to effectively communicate with your young athletes.

Eleven Principles for Effective Communication

1. Reward the performance, not the outcome.

5. Reward frequently when youngsters are first learning new skills. Reward occasionally once skills are well learned.

11. You must learn to use punishment effectively because it is impossible to guide young athletes through the use of positive reinforcement and extinction alone.

6. VIDEO analysis

View **one** of the movies listed below. In each of these movies a coach plays a major role. Point out and comment upon communication techniques (effective or ineffective) that you recognize in the film.

Coach Carter (Basketball)

Blind Side (Football)

Dick Bach dbach@dominicancaonline.com; 916-962-3329

Ernie Shaffer eshaffer@dominicancaonline.com; 916-387-1311

- For questions involving your registration, contact Steve Horning (shorning@dominicancaonline.com) or Karianne Pulli (kpulli@dominicancaonline.com) or see <http://dominicancaonline.com/faq.htm> for more information.

COACHING STUDENT ATHLETES SERIES

| | |
|------------------|---|
| <u>EDUO 2720</u> | Dealing with the Problem of Athletic Drug use |
| <u>EDUO 9721</u> | Developing a Code of Conduct Handbook |
| <u>EDUO 9722</u> | Developing Successful Life Skills through Athletics |
| <u>EDUO 9723</u> | Discovering your Coaching Style |
| <u>EDUO 9724</u> | Effective Communications |
| <u>EDUO 9725</u> | Good Teams and Character go Hand in Hand |
| <u>EDUO 9726</u> | Keeping it in Perspective - Make Every Kid Count |
| <u>EDUO 9727</u> | Managing your Athletic Program |
| <u>EDUO 9728</u> | Proper Nutrition & Athletic Performance |
| <u>EDUO 9729</u> | Team Bonding |
| <u>EDUO 9730</u> | The Legal Liabilities of Teaching/Coaching |
| <u>EDUO 9731</u> | Training to Acquire Specific Skills |
| <u>EDUO 9732</u> | Welcoming Diversity into Your Program |