

# MANAGEMENT BEHAVIOUR OF CHILDREN IN SPORT

## The RESPECT Model: A Foundation for Positive Coaching

The RESPECT Model is built on seven core principles that serve as a behavioural compass for both athletes and coaches:

- R Responsibility:**  
Take ownership of your actions, attitude, and effort. Be prepared, punctual and accountable.
- E Effort:**  
Always give your best, regardless of the score or outcome.
- S Self-Control:**  
Manage emotions, reactions, and impulses. Model calm and composed behaviour.
- P Positivity:**  
Speak and act in ways that uplift others. Encourage others to be optimistic.
- E Empathy:**  
Understand and respect others' perspectives. Support for teammates and opponents.
- C Communication:**  
Speak clearly, listen actively, and respond respectfully.
- T Teamwork:**  
Put the team's needs above individual desires.

## Managing Behaviour of children in sport

### 1. Set Clear Expectations

- Establish simple, age-appropriate rules
- Reinforce positive behaviours regularly
- Be consistent with consequences



### 2. Build a Positive Environment

- Encourage effort over outcome
- Praise teamwork and respect
- Model good sportsmanship



### 3. Stay Calm and Consistent

- Address misbehaviour calmly
- Avoid shouting or public embarrassment
- Use time-outs or breaks when needed



### 4. Encourage Communication

- Listen to children's concerns
- Talk about emotions and handling frustration
- Promote problem-solving and reflection



### 5. Involve Parents and Guardians

- Share behavioural goals and team rules
- Encourage supportive behaviour from the sidelines
- Keep communication open



### 6. Celebrate Good Behaviour

- Use rewards like "player of the week"
- Highlight positive behaviour in team meetings
- Celebrate effort, not just performance

