

THE HUMAN

PODCAST

STORIES OF MOTIVATION WITHIN
THE FOOTBALL COMMUNITY

GO ROUTE



EP. 3 RESILIENCY

No matter who we are, what we do, or where we grow up; at some point in our lives we are going to experience moments of resilience and adversity. This week on the Heroes in Our Midst Podcast we unpacked two stories of resilience featuring UofM Bison football players Dez Catellier & AK Gassama. As parents/coaches, you are leaders and role models for these athletes. As a parent or coach you might be someone that an athlete may turn to in moments of adversity in their lives. Here are a few takeaways from Des and Ak's experiences to help your athlete through moments of adversity and learn to be resilient

THE POWER OF REFLECTION

Both AK & Des shared their experiences with injury in sport. Both ended up explaining that after reflecting, their injury ultimately made them a better football player even though it was very difficult to see at the time. As a parent/coach you can have reflective conversations to start this process with them. Asking questions about past hardships, past highlights, the past season, might help provide clarity and insight into their game.

GOAL SETTING WITH YOUR ATHLETE

Have you ever asked your athlete what their goals are? Goal setting is a huge part of being a human. Regardless if you're an athlete or not, we all make goals for ourselves. Making goals doesn't need to be a process that's done alone. As a parent/coach you can be a part of this process. By being a part of goal setting, you're opening a line of communication with your athlete. You may have deeper conversations and by knowing your athletes goals, it's not on you to mind read.

THE IMPACT OF MENTORSHIP & ROLE MODELS

Dez & AK explained how imperative their mentors and coaches were in getting to where they are today. Whether you're a parent, community level coach, or university coach, YOU MAKE AN IMPACT! Be mindful of the words you say and the things you do because your players are watching you, idolizing you, or wanting to be you! Your role matters in this process and your support is important to these athletes.

REVIEW THE TAPE

Ask your athlete about their experience with the Covid-19 pandemic. What have they learned? The high's and low's. How did they make it through those moments of adversity? What are they going to take away with them for the future?

Sit down with your athlete and write out 3 short-term goals and 3 long-terms goals. Break them down into SMART goals! (specific, measurable, achievable, relevant, time-bound)

RESOURCES

Off the Pitch with Active is a dedicated podcast to coaches and parents navigating youth development in sport. Check out over 35 episodes to learn more about your role!

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