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# Effective Program Management

## For Youth Athletic Activities

# Maintaining Order Can be Difficult...

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With a gymnasium or field full of students, you quickly realize you need order.

Classroom management strategies involve setting certain guidelines and expectations so that order can be maintained. It involves consistently sticking to the guidelines while also being able to adapt those rules for students who have special needs or behavioral changes.

# Good Classroom Management is a Must...

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It doesn't matter how good you are at presenting the info, teaching the skill, or even how applicable the content is to your students – If you have poor classroom management you won't be able to teach effectively because of the distractions from organizational or behavioral problems.

# First Things First...

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- Greet students at the gymnasium or field entrance to make it a “welcoming” environment.
- Establish rapport with your students by learning their names as soon as possible.
  - This will help when giving them praise/feedback or when dealing with a behavioral issue.
  - You can also establish rapport by maintaining eye contact when speaking and listening to them when they talk.

# Classroom Management Principles...

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While it is different from that of an ordinary classroom, “classroom” management in physical education or youth athletics relies on many of the same principles: **Setting reasonable expectations, sticking to them constantly, modifying the rules for students who require help, and maintaining vigilance.**

# Create Routines...

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Create routines for entering the gym or outside play area, getting out equipment, beginning games, putting equipment away, and exiting class. Once students know what to expect, they will be able to channel their excitement and energy into meaningful action.

# Learn Your Students' Names...

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This is the singular most important tactic in ensuring an efficient classroom.

Teachers who take the time to learn the names of all students can provide timely feedback (positive or corrective) as needed from across the gym and

often stop off-task behavior before it involves other students.

# Back to Wall...

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When coaching, circulate around the gym/field with your back to the wall/sideline. This allows you to always face the students and stop off-task behavior as it is getting started. Turning your back on students might encourage students to engage in off-task behaviors.



# Proximity Control...

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## **Be on the move (NO SITTING)!**

Coaches who are successful with class management are constantly moving. If, as a result of scanning the classroom, the coach sees behavior that is detrimental to the learning environment, the coach can move within close proximity to the perpetrator(s) and undesirable behavior will often cease.

# Knowing the Students...

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It is said that good coaches have eyes in the back of their heads. The ability of coaches to know what is going on even if they are not watching a student or group of students is a skill that comes with knowing the students you coach. You need to be scanning the playing environment and processing what is happening in the gym/field. With practice you will be able to watch one student while talking to another.

# Verbal Positive Reinforcement...

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Positively pinpointing students reinforces the students who are on task and encourages students who are off task to do what is asked.

Ex: “I like the way Susie and Mark walked to put away their equipment. Susie and Mark please put the equipment away again so we can all watch.”

# Consequences for Behavior...

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Having consequences/rules clearly stated at the beginning of each class and during transitions and consistently enforcing them, is a strong step for encouraging students to take responsibility for their own actions.

**If you do this... then this will happen!**

# Top 4 Classroom Management Hacks...

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1. The Conflict Corner
2. Daily Student Self-Assessment: 1-2-3
3. The Good Sportsmanship Code (HIGH FIVES)
4. Self Timed Penalty Box

# The Conflict Corner...

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This time saver strategy is for students who want to tell the Coach about what somebody else did wrong (tattle tales). Especially at the elementary level, this can be a big time waster, not to mention exhausting for the coach. The students involved go over to the corner of the gym/field and must go attempt to resolve the conflict on their own before coming to talk to me about it.

# Daily Student Self-Assessment:1-2-3...

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This self assessment strategy is an easy way to build assessment into your program and make sure students are aware of their performance in your class. Each day on the way out of the program students will give the coach their “own” rating for how they did that day. 1 = OK, 2 = GOOD, 3 = GREAT. Their choice indicates how they performed in class for that day. At the beginning of the program, go over the system and then during each class you can also give them “Bonus Challenges” to try and reach the WOW level for the day.

# The Good Sportsmanship Code...

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## **HIGH FIVES**

Anytime there is a hint of poor sportsmanship, stop the class, we pause the gameplay and the entire class huddles up to talk sportsmanship. Ask the students for examples of GOOD sportsmanship and BAD sportsmanship. Before resuming play, HIGH FIVES all around!



# Self Timed Penalty Box...

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This is a great strategy for those situations when students break a rule during gameplay or even for a time out or refocus. Instead of asking students to wait on you to tell them to return to gameplay or lesson – have them count to 60-Mississippi’s and then return to class.

Anytime students break a rule during gameplay, they put themselves in the “Penalty Box” by sitting on the bench and timing themselves for 60 seconds – after 60 seconds they return to the game. Many times students will put themselves in the penalty box without Coaches’ direction.

**This strategy allows you to keep coaching, providing feedback, or monitoring the gameplay.** Once again, this places the responsibility on the student to monitor themselves.