

# **The Differences in Coaching Women and Men**

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A Venn diagram with two overlapping circles. The left circle is purple and labeled 'Women'. The right circle is teal and labeled 'Men'. The intersection of the two circles is not explicitly labeled but represents shared motivations. The background is a light gray gradient.

## Women

- Fun
- Fitness
- Social Aspect

## Men

- Status
- Competition
- Fun

**Why Do They Participate**

## Women

- Lack Of Time
- Social Activities

## Men

- Lack Of Ability
- Deselection

**Why Do They Quit**

Women

Willing To Try  
New  
Techniques

Give Initial  
Respect To  
Coaches

Show Gratitude  
People Pleasers

Men

Coach Must  
Prove  
Knowledge And  
Skill Then  
Receives  
Respect

**Coachability**

- Women
  - Why Are We Doing This?
    - Need To See Value In What They're Doing
      - If There's Value, They'll Work Hard
      - If There's No Value, They May Quit
- Men
  - Don't Question Coach's Plan
- Why Is This Important?
  - If You Teach Athletes The *Why* They Are Doing An Activity They're More Likely To Do The *What*
  - Women Love To Have Fun. Try To Find Activities To Increase Their Ability That Are Also Fun!

**WHY Do We Do WHAT We Do?**

# Women

Will Ask for Help

Perceive Competence  
from Peers and  
Coaches; Not Self

Base Confidence Off  
External Factors

Inconsistent Confidence  
Levels

# Men

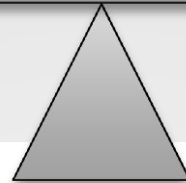
Base Confidence Off  
Internal Factors

Solve Confidence  
Issues on Own

Confidence is  
Determined by Self not  
Peers

Taught to be Tough,  
Strong and Confident  
Early

**Confidence**



- As a Coach set and share goals with each athlete
  - Build confidence by Sharing what you think they can do
- Videotape athletes to show what they can do
- Tell athletes what they did right, they know what they did wrong

## **Building Confidence**

- A Coaches job is to empower an athlete
  - Raise Self-Esteem, Self-Confidence, and Self-Image
- Strategy
  - Don't tell them they had a poor performance
    - Female athletes tend to blame themselves for poor performance
  - Re-Build their self-esteem
    - Female athletes feel bad for letting the team and coaches down by their play

## **Rebuilding After Competition**



## Women

Take Group  
Criticism As A  
Personal Attack

Sensitive To  
Critical  
Comments

Look For  
Underlying  
Message

Hear Tone  
Rather Than  
Message

## Men

Think Group  
Criticism  
Doesn't Apply  
To Them

Be Specific To  
Who Needs  
Improvement

# Criticism

# Female Athletes Expect To Be Told When They Are Doing Something Wrong And Appreciate Constructive Feedback



- Watching Film
  - Show Highlights Of Success Not Moments Of Failure
    - Athletes Break Down Film On Their Own, You Need To Build Them Up Not Tear Them Down

## Providing Feedback

## Women

### Relationship Of Equals

- Self-confidence Based On If Accepted Into The Group
- Group Cohesion Is High On Successful Teams
- Look For Ways To Improve Bond

## Men

### Relationship Hierarchy

- Self-confidence Based On Where They Fit Into Hierarchy
- Appreciate Group Cohesion, But Not A Must
- Task Cohesion Is Most Important

# Chemistry

- Create A Democratic Atmosphere
  - Let The Team Make Social Decisions And Dictate What Fun Activities They Would Like To Do
- Females Like To Participate In Groups
- Share Your Season Plan And Periodization
- Understand Each Athlete Has Their Own Level Of Competitiveness

**Creating a Positive Environment**

- Give athletes a chance to talk and communicate before practice
  - Social aspect is very important
- Give a brief and clear explanation of the workout before starting a workout
  - Athletes need to know what are we doing and why are we doing it
- Female athletes tend to back off teammate if they see them breaking whereas male athletes will continue to pour on competition when they smell blood
- Practice itself is not fun; Coaches have to make it fun!
  - Provide social time, games, bonding activities, and rewards
- Create incentives to make athletes work hard

## **Female Practice Habits**

**Women**

**Men**

**"Rapport Talk"**

**"Report Talk"**

Relationship  
Building

Detail Oriented

Information  
Exchange

Fact Oriented

**Communication**

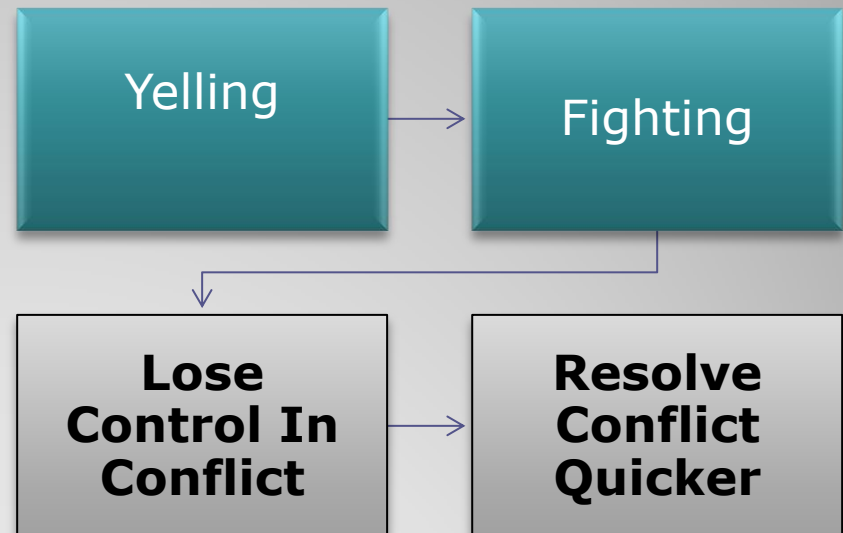
- Open Lines Of Communication Between Coaches And Athletes
  - Female Athletes Are Outspoken And Will Communicate Their Likes And Dislikes Of The Team, Practices, Etc.
    - Listen To Their Feedback And Use It To Improve
- Encouragement
  - The Coach Is The Salesman
    - Convince Athletes That They Can Be Successful
- Dialogue
  - Use "We" Not "You"
    - Don't Individualize The Pressure! We Need To Get Better Not You
- Positive Feedback
  - Athletes Expect To Hear Both What They're Doing Right And Wrong

## **Empowering Communication**

## Women



## Men



# Conflict



## Women

Need Relationship  
With Coach

Coaches Credibility  
Based Off Whether  
They Care Not  
Knowledge

## Men

Don't Need  
Relationship With  
Coach

Coaches Credibility  
Based Off Whether  
They Can Get Them  
Athlete To Next Level

**Caring**

## Favorite Coaches Characteristics

- Fun
- Posses Knowledge Of The Sport
- Listened To Athlete And Understood
- Encouraging
- Helped With Skills

## Least Favorite Coaching Characteristics

- Not Encouraging
- Negative
- Unfair
- Mean/Rude
- Favoritism

# Coaching Characteristics

- Women Prefer A Positive Environment
- Mastery Climate
  - Individualized Goals For Each Athlete's Improvement
    - Focus Is Placed On Growth Not Immediate Results
- Relationship Oriented
- Organized And Well Structured Plan For Everyday Practices And Competition
- Democratic Decision Making

## Coaching Styles

## Women

## Men

Rather  
Accepted And  
Liked Than  
Competitive  
And Respected

Group  
Separates From  
Best  
Competitors To  
Avoid Hierarchy

Group Respects  
Best Competitors  
And Single Out  
Weakest Group  
Member

Competition Is  
Encouraged And  
Forms The  
Hierarchy

# Competitiveness

# No Difference Between Levels Of Competiveness

- Difference Is In How We View Competition
  - Men
    - Only Results Matters
      - Win And Loss Record
  - Women
    - See Value In Experience As Well As Results
      - Friendship
      - Healthy Lifestyle
      - Improvement
      - Fun

## Competition Aspect

# The Guide to Understanding Women

## Chapter One

