



## Addressing Players BASE Needs

In order to thrive, kids have certain needs. Coaches can play an integral role in meeting these needs by intentionally creating an environment where kids feel included, have choice, develop competencies, and participate in meaningful activities.

# BASE

**B**elonging, **A**utonomy, **S**kill Building, **E**xperiences

**B** **ELONGING** - The need to feel accepted and cared for by others

**A** **UTONOMY** - The need to have choice and control of own experience

**S** **KILL BUILDING** - The need to feel competency and a belief in own ability

**E** **XPERIENCES** - The need to participate in meaningful and relevant experiences

If the BASE needs are not met, young people can struggle and exhibit certain characteristics. On the following pages are tips for what you might see if kids don't have certain needs met and what you can do to meet those needs.



## Belonging

### Players May:

- Act out, cause disruption
- Show indifference towards others
- Be argumentative
- Instigate disruptive behavior or clash with teammates

### Coaches Can:

- Include a team check-in at opening circle
- Incorporate teambuilding and 'get to know you' activities
- Demonstrate fairness with all players
- Use grouping strategies to negate cliques and demonstrate that everyone is equal
- Emphasize respect for differences among your team

## Autonomy

### Players May:

- Act angry at others
- Be uncooperative
- Be stubborn
- Not want to participate

### Coaches Can:

- Ask players to voice opinions in a structured way
- Implement some players suggestions
- Ask player to demonstrate
- Give player the space to try new ways of implementing a skill
- Offer opt-in and opt-out opportunities





## Skill Building

### Players May:

- Stop trying when unsuccessful
- Say "this is stupid" about activities
- Stop participating
- Encourage others to not participate or misbehave

### Coaches Can:

- Incorporate fundamental skill building that meets players' age and skill level
- Manage competitive games so players are not singled out for lack of skill
- Immediately respond to teasing around ability level
- Be specific with praise and encourage progress over performance

## Experiences

### Players May:

- Act bored
- Show a lack of effort
- Have side conversations while the coach is talking
- Be off task

### Coaches Can:

- Incorporate appropriate activities based on skill level and age of players
- Provide leadership opportunities
- Ask players what activities they want to play
- Be enthusiastic to further engage your team
- Participate in activities alongside your players

