

Sport Australia

Tips for Managing Behaviour

This factsheet has been designed to support Age managers and Coaches manage their groups. Content has been taken directly from Sport Australia and can be found [here](#).

General ways to encourage good behaviour:

- Ensure your nippers are aware of the expected behaviour and consequences.
- Deal with the problem by focusing on the behaviour – don't get personal. Do not publicly insult or embarrass the participant.
- Avoid punishing a group for the poor behaviour of one participant.
- Take a firm, fair consistent approach to managing behaviour.
- Avoid punishment consequences. Instead, ask the child to compensate and/or make amends of the situation caused by the poor behaviour.
- Use rewards, praise and acknowledgment to reinforce desired behaviours.
- Speak with the child in a calm manner and ask questions to find any specific cause for their disruptive behaviour before setting expectations for future behaviour.
- The last resort is to calmly remove the child from the group by having them stand with their parents or another Age Manager.

10 Strategies to deal with Disruptive Behaviour

1. Ignore the behaviour for a short period (if safe to do so)
2. Try to involve the child by asking them to demonstrate a skill
3. Change the activity to one you know the child likes or excels at
4. Ask them to help you set up some equipment.
5. Just drawing the child's attention to the fact that they have been noticed is usually enough to get them to change their behaviour
6. Ask them if they are having difficulty
7. Address the behaviour, not the character, of the child - 'That's a silly thing to do, Matthew', not 'You are silly Matthew'
8. Politely ask the child to change their behaviour, reminding them of the consequence if they do not.
9. Remind them of the group rules and appropriate behaviour (privately)
10. Find out why they are misbehaving and ask if it is helpful to the group (privately).