



## CBG BEST PRACTICE OF PREVENTION SPORT DROPOUT

### CBG Context

CBG is a Basketball club which mission is to promote sport values, compete and create non professional young athletes, first as persons and then as athletes.

CBG believes that one of the most important aspects of youth drop out, is the lack of emotion management. The lack of training in management of emotions, for players and coaches we believe that is a big reason of sport dropouts, and therefore, we are promoting training in emotional management, communication tools, as well as promoting trust and confidence between coaches and players.

During 2018/2019 season we focused on training our coaches and having debates to better prepare them on how to motivate the players and make them all feel a part of the team.

Our model for 2019/2020 season is based on a new position of an Emotional Coach. Just like many teams have a physical trainer, and a physiotherapist, we believe that there should also be a position that works with players in an emotional level.

### Emotional Coach

It is divided into three main domains:

**-Players:** Coach works with individual players to work on insecurities, fears, concentration, limiting beliefs... And at the same time to boost their confidence as well as listening how the player is feeling emotionally and keeping their motivation up.

**-Coaches:** Emotional Coach works with Basketball Coaches individually to provide communication tools, inclusion strategies as well as talk about fears, insecurities, boost confidence and motivation that later on will result in a more rich and healthy environment and learning for the athletes.

**-Team:** Coach also works with the team as a whole through team building activities, and works on team cohesion so that every player has a feeling of belonging and acceptance, which could be a risk factor on athletes drop out.

### Number of athletes in CBG

Ages between 5 to senior

-400 athletes

-55 coaches

-36 teams

### How does it work?

When a coach feels that one of the players is insecure, or needs to work on emotional aspects, not only negative aspects but also boost some positive beliefs. The coach contacts the emotional coach and a session is scheduled.

At the same time, an athlete can access to schedule a session with the coach during 10 different hours each week.

When a team coach believes that the team needs to work on an emotional level, or needs cohesion, the coach schedule a team session with the emotional coach.

Developed with the **best partners**

