Reading Body Language
Player Management
Objective

• You will be able to recognize 5 player body language types and apply effective player management techniques
## Player Management

<table>
<thead>
<tr>
<th>No Reaction</th>
<th>Quiet Talk</th>
<th>Public Word</th>
<th>Send Off</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awareness</td>
<td>Humor</td>
<td>Visual</td>
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</table>
Relaxed / Neutral

- Majority of players
- Concentrated on match
- Posture
  - Shoulders, back and head up
  - Hands at sides
## Managing the Relaxed Player

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Pain / Injured

- Restricted movement
- Eyes closed
- Limping
- Holding body part
Managing the Injured Player

Quiet Talk
Humor
Empathy
Concern
Voice
Posture
Frustrated

• Tension directed inwards
• Facial expression
  • Facing away from people
• Posture
  • Palms turned inwards
  • Hand on hips
  • Compact body
**Managing the frustrated player**

- **Themselves**
- **Teammates**
- **Coach**
- **Parents**
- **Fans**
- **Officials**

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[Image of a coach talking to a player]
Emotional

- Quick
- Immediate outburst
- Still focused on play
- Posture
  - Non threatening
  - Moving into position
# Managing the Emotional Player

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![Image of a referee and a football player]
Angry

• Tension directed outwards
• Facial expression
  • Extreme
  • Wide open eyes
  • Attention on “enemy”
• Posture
  • Shoulder back, chest out
  • Straight spine
  • Hands formed as fists
Managing the Angry Player

Quiet Talk
Voice
Posture
Look
Diffuse

Public Word
Visual
Stopped
Voice
Posture
Look
Whistle

Send Off
Visual
Stopped
Voice
Posture
Body Language

- Relaxed
- Pain/Injured
- Frustrated
- Emotional
- Angry
### Player Management

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What would you do?

mastroeni_yelling.mp4
What would you do?

Flagrant Foul by El Toro HS soccer player.wmv
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