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

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

### No Reaction
- Awareness

### Quiet Talk
- Humor
- Empathy
- Voice
- Posture
- Look
- Whistle
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

- Quiet Talk
- Humor
- Empathy
- Voice
- Posture
- Proximity
- Look

- Public Word
- Visual
- Stopped Voice
- Posture
- Look

- Themselves
- Teammates
- Coach
- Parents
- Fans
- Officials
Emotional

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

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*Visual Stopped Voice Posture Look Whistle*
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
Reading Body Language

Player Management