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 Awareness</th>
<th>Quiet Talk</th>
<th>Public Word</th>
<th>Send Off</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Humor</td>
<td>Visual</td>
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<td>Empathy</td>
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<td>Look</td>
<td>Whistle</td>
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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

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

Themselfs
Teammates
Coach
Parents
Fans
Officials

Public Word
Visual
Stopped
Voice
Posture
Look
Emotional

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

No Reaction
Ignore

Quiet Talk
Humor
Empathy
Voice
Posture
Look
Whistle

Public Word
Visual
Stopped
Voice
Posture
Look
Whistle

Send Off
Visual
Stopped
Voice
Posture

Visual
Stopped
Voice
Posture
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

us soccer.com
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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Player Management