

# **GSM International Coaching Education Articles for Developing Your Players**

## **STRATEGIES FOR COPING WITH YOUR PLAYERS INJURIES BY YOU AND THEM**

### **UNDERSTAND WHAT YOUR PLAYERS ARE GOING THROUGH**

Allow yourself to have a sad feeling for the player and whatever loss they and you are going through. Being severely injured is no fun. Remember your, and you couldn't play in the next game. It was horrible. Get inside their feelings and make sure they are being taken care of for with they return. If you're the coach of and injured players your players may have a sense of being a macho, strong or brave by burying or hiding their feelings. If this happens, this situation is not only a WASTE OF THE PLAYERS ENERGY but will interfere with their effective coping and recover. Feelings are an important part of the healing process.

### **DEAL WITH WHAT THE REALITY IS OF ONE OF YOUR PLAYERS BADLY INJURED**

Often injured players have a tendency to focus on what could have been if I didn't get injured or what should have been and not what reality is right now having been injured badly enough not to train or play. If only I hadn't gotten hurt, but the fact of the matter is no amount of wishing upon a star will change the reality of their situation. Yes, it not right that they got injured. Yes, it's thrown a monkey wrench into all their plans and dreams. Unfortunately, this is the reality right now for them, and they have to allow themselves, with your help, to deal with where they are, right now.

### **ESTABLISH AND SET NEW, MORE REALISTIC GOALS FOR PLAYERS**

As players begin their recovery process, they may very well have to learn to measure their successes very differently than ever before, perhaps in millimeters now instead of meters the way it was before their injury. It may mean that they also have to start all over again back at square one to build up their strength and endurance even after the healing process is over. Keep your players focused on their NEW GOALS and leave the old ones in the PAST for now where they belong. Once your player comes all the way back from their injury, they can start entertaining working on their old goals.

### **MAINTAIN A POSITIVE ATTITUDE, NO MATTER WHAT**

As difficult as this will be, try to have your players stay as positive as possible. Understand that IF IT IS TO BE, IT IS UP TO ME. In other words, their attitude and outlook is ABSOLUTELY EVERYTHING. When positive, their attitude can speed up the healing process and lessen the emotional pain that they have to go through. When your players are negative, they'll slow the rehab process down to a screeching halt and make themselves miserable in the process. It's all up to you guide them and them doing the work. Avoid your player being negative because nothing good ever comes from negativity. Negativity will only bring them and everyone else around them down.

### **TAKE AN ACTIVE PART IN YOUR HEALING**

Get them to be conscientious about their physical therapy. Follow the doctor's advice closely. Don't let them cut corners. They work as hard as they can with their rehab as they did in your training sessions. Also, practice using healing imagery on a daily basis. If they're recovering from a broken bone or separated shoulder, have them spend 5-10 minutes imagining that bone or shoulder beginning to heal.

"Let Them See" in their mind's eye a healthy supply of red blood cells surrounding that area and facilitating the mending process. This can't be a scientifically guarantee that this will speed up their healing process, but you can bet it promises them that this will make them feel less helpless, more in control and much more positive. These attitudinal changes in themselves will speed up their healing.

### **CONTINUE TO PRACTICE AND WORK OUT**

If the injured player is allowed, they continue any part of your training. Being around the team is most important to practice mentally, spiritually and emotionally with their team. Use mental rehearsal on a daily basis (10-15 minutes at a time) to see, hear and feel themselves performing in training or a match at their playing position, executing flawlessly with perfect timing. Take this time also mentally to work on their weaknesses. The player might even want to show up for some of the regular practices and mentally rehearse what the team is doing while they're working out. Regular mental rehearsal of their skills will keep the neuromuscular connections activated so that when they can actually begin physical practice, they will not have lost as much.

### **SEEK OUT THE SUPPORT OF YOUR TEAMMATES**

Players must participate in team functions. They should fight the urge to isolate themselves. They may feel worthless and suddenly different, but chances are good that they're probably the ONLY player on the team that shares that opinion. The worst thing for a player to do when they are in a vulnerable state is to separate themselves from your team members and coaching staff. As a coach make a serious effort to reach out to them rather than pull them away from the team.

### **AS A PLAYER THINK ABOUT HOW TO USE YOUR SPORTS LEARNING AND EXPERIENCE IN OTHER AREAS OF YOUR LIFE**

If your injury forces you into permanent retirement, you may feel that you have little to no skills or expertise that you can transfer from your sport to other endeavors. NOTHING COULD BE FURTHER FROM THE TRUTH! To excel as an athlete in your sport, you have gradually developed over time some pretty powerful success skills like dedication, commitment, persistence, motivation, the ability to manage time, rebound ability from setbacks and failures, as well as a whole host of other valuable LIFE skills. These success skills can be readily harnessed to other challenges that you pursue in your life outside of sports. Don't think for a minute that much of what you've learned and mastered is irrelevant to the real world.

### **IF YOU'RE THE PLAYER IT MIGHT BE NECESSARY, SEEK OUT A COUNSELOR**

If you are depressed for an extended period, have lost interest in things that used to excite you, have noticed that your sleep and eating patterns have changed and you are having suicidal thoughts, and seek professional help! Don't fool around here. If you're having these kinds of symptoms, this means that you have lost perspective and you are in need of some qualified, outside support. Seeking out the help of a professional therapist or counselor is NOT a sign of weakness. On the contrary, it's a sign of strength.

## **PLAYERS BE PATIENT AND GET THE TIMING RIGHT TO COME BACK**

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