

**WHY DO ATHLETES NEED TO TALK DURING SPORT?**

1. **It helps boost your confidence.**

* Talking helps you to affirm what your actions are. By calling the ball / move you are claiming that action as yours and then can back yourself in
* Talking creates atmosphere and game momentum.
* It gets you out of a rut

1. **It improves on court communication.**

* Your team mates know that you are going for the ball and as such can then set themselves up for the next move.
* Your team mates also know where you are on the court.
* It supports other team members

1. **It increases your exposure to the ball.**

* If people know you are Ready Willing and in a position to use the ball they will give it to you. I.e. a setter looks at the ball and the roof. When the hitter calls to the setter they know they are in a position to hit the ball increasing the attack options. If you don’t talk you get less opportunity!

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| **What things can we say** | **Things to avoid saying** |
| **Mine** – Let your team know you have it  Call a team mates name whenever you can  Game commentary such as   * Up * Hit line, cross , tip etc * 1 Block, 2 blocks * Block cross * Type of set you want * Out * Jump / float serve * Serving to me / to 4   Any type of positive praise to a teammate   * Well done * Great work * My god your good * Great serve   Always remember to celebrate a point  Constructive comments i.e. I find this works well for me… try standing here…have a go at line etc | It is the coach’s job to provide player performance review not other players during a game  **Yours** – use a name instead  **In** – we should always assume a ball is in unless we hear someone call out  Never criticise someone’s effort. No one deliberately tries to lose points and people know when they haven’t performed well.  Negativity only adds to bringing a team down.  If you have to address effort, do it as a team under the guidance of your leadership team at an appropriate moment. |