

# Coaching Tips for Working with ADD Athletes

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ADD athletes are some of the hardest working, most creative, and most talented athletes you will ever see. It's important you are coaching them in a way that maximizes their gifts. Remember, an athlete with ADD has as much desire as any other athlete to succeed. It's important not to take their behavior personally, but work with them in a positive, supportive manner. Here's a list of helpful tips in working with the ADD athlete.

1. Give athletes as much direction as possible. Pair them up with an older buddy. Surround athletes with ADD with good role models, preferably students whom they view as significant others.
2. Try to minimize distraction wherever possible. Lower the music, or have the line face away from other activity in the gym.
3. Maintain eye contact during verbal instruction.
4. Make directions clear and concise. Be consistent with daily instructions. Give only one correction at a time.
5. Make sure students comprehend the instructions before beginning the task.
6. Repeat instructions in a calm, positive manner, if needed. Stay patient!
7. Help the students feel comfortable with seeking assistance when they have questions (most children with ADD will not ask for help).
8. Monitor frequently. Maintain a supportive attitude.
9. Keep in mind that children with ADD are easily frustrated. Stress, pressure, and fatigue can break down their self-control and lead to poor behavior.

## Gifts of the ADD Athlete

Creativity, Passion, Enthusiasm, Intelligence, Incredible Hyperfocus, the ability to block out all distractions except what is in front of them.