

TIPS FOR COACHES WORKING WITH ATHLETES WITH ANGER AND IRRITABILITY

01

WHAT CAN COACHES OBSERVE?

Arguing, irritability, emotional outbursts, difficulty moving on from mistakes, negative self-talk, blaming others, and appearing uncoachable.

02

HOW COMMON IS ANGER/IRRITABILITY?

~37% of Division I athletes report elevated anger. Football, basketball, volleyball, softball, soccer, and baseball carry higher risk.

03

WHEN SHOULD COACHES SEEK HELP?

When dysregulation escalates in frequency/intensity, interferes with performance or relationships, or leads to unsafe behaviors.

04

ENVIRONMENTAL FACTORS

Childhood trauma, abuse by staff, chronic stress, poor sleep, and substance abuse can cause or worsen dysregulation.

05

COACHING STRATEGIES

- Allow cool-down space during outbursts
- Validate frustration once calm; assess external stressors
- Engage caregivers; refer to mental health providers when needed
- Build team culture focused on growth and effort
- Maintain 3:1 positive-to-negative feedback ratio
- Model appropriate emotion regulation

Contact Information

Please visit us at sportpsychiatry.org or email us at info@sportpsychiatry.org



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