Violence and Aggression

The definition of violence and aggression is the exercise of physical force to cause harm. It is a behavior, which causes harm outside the rules of sport and is unrelated to competitive action of sport. Aggression is the action toward another who does not want it. It harms another person.

As a coach you want athletes to be assertive not aggressive. Anger is a feeling aggression is an action. The Social Theory states that using rewards and punishments can be harmful. Aggressiveness of fans, parents, and media play a large role in affecting how athletes play or participate in competition.

Reinforcement is in the form of rewards also. Punishments for not being violent or aggressive may be lack of playing time and criticism. Mike Tyson biting the ear of Holyfield is a prime example of violence. It seems to b a double standard for athletes to use violence. They sometimes get punished but then are right back playing again. Coach Bobby Knight uses violence and aggression. He was not punished until he went too extreme when he choked one of his players. However, he is now coaching at another college. Fans also show violence sometimes. An example is of the Monica Seles stabbing or the blow to the knee on Nancy Carrigan.

As a coach you must: stress participation, emphasize teamwork, present positive role models to players and be one yourself, integrate values, and involve parents.