

# THE HUMAN PODCAST

STORIES OF MOTIVATION WITHIN  
THE FOOTBALL COMMUNITY

# GO ROUTE



## EP. 6 OUTREACH

Ryan Karhut got into coaching, simply to learn more about the sport. When he was in high school, he started coaching peewee football and going to all the practices. Coaching taught him a lot about the game, and helped him improve as a player. He's been a pro player, a head coach, an offensive line coach, a special teams coordinator and has also coached running backs. He's currently the special teams coordinator for the Manitoba Bisons, as well as the offensive line coach. Karhut is a compassionate coach who can relate to his players based on his own background. He is passionate about getting the most out of his players, but also understanding them as people and caring for their wellbeing on and off the field.

### CREATING A BOND

Ryan wants coaches to understand the value of knowing the athletes off the field. Knowing their interests, and caring about what goes on after training helps coaches understand what is going on in practice. "...I would say I'm pretty hard on them. But the moment practice is done, I love laughing with them. You know, I love trying to converse with them and talk to them on more of a, like more of a mentor level than a coach level, I guess more of a personal level and try to really connect with them in other ways off the field." Try to look for opportunities to connect and get to know the athletes, and find out what is important to them. The bond you will create by taking in the entire picture will foster a climate of comfort and confidence to allow athletes to achieve their optimal levels of success.

### KNOW HOW YOUR ACTIONS IMPACT YOUR ATHLETES

Ryan talked about the difference in his approach to practice and competition. As a coach, he recognizes what his athletes need when they are in a game: "I'm actually pretty calm, I try to be there and be really supportive and stay positive and help our guys think through problems." The alternative- being tightened up and yelling- Ryan has noticed that actually tightens up his athletes. As a coach, it can be important to consider what's going on in the athletes mind on the field, and responding to that. If they are stressed, beating themselves up and trying to figure out how to outplay the other team, they need a coach to help lead them through that moment, not bring their stress levels up even more.

### IT'S ALL ABOUT PROGRESSION

"You're just adding layers and layers and layers and layers. And then whoever adds most layers wins in the end." Coaches have to hold their players accountable or the progression just stops. Athletes practice all the time so continuing to push for growth and development through the season and off season puts those athletes or that team ahead. Layers can be added both physically and mentally, gaining strength across all areas. Coaches can help athletes realize early on that layers can be added by improving workouts, technique, nutrition, team bonding and mental training. There are so many ways athletes can add to their ability, and you can help them recognize the opportunity!

## REVIEW THE TAPE

**Ask an athlete something about themselves. What do they like to do in their spare time? What is a goal they have outside of the sport?**

**Think of ways to continue the progression of your athletes. Small, achievable goals can really help boost confidence!**

**Brainstorm activities to encourage team bonding both during and after practice.**

## RESOURCES

**After a long period of feeling like her coach was not understanding her, and feeling dislike for competition and her sport, Kelsey Wog finally got the courage to speak up to her coach. Listen to Kelsey's story for more details.**  
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