Athlete’s Body Language in Sports

Researchers argue on an exact number, but the all agree that a large percentage of communication is nonverbal. An athlete’s body language conveys a lot of information, such as whether they are excited, disappointed, frustrated, or flat out angry. With social media today young athletes see their favorite players on TV displaying both good and bad body language all of the time. As coaches we need to be able to teach and educate our players about the effects of both positive and negative body language in sports and model the correct behavior ourselves. Here are a few resources to get you started:

Geno Auriemma – Head Coach of the UConn Women’s Basketball Team
- “Me, we, my coaching staff, we put a huge premium on body language,” Auriemma said. “And if your body language is bad, you will never get in the game. Ever. I don’t care how good you are.”
- https://www.youtube.com/watch?v=tp4mIONS51E

Mike Brey – Head Coach of the Notre Dame Men’s Basketball Team
- Makes players watch film on poor body language
- Makes players practice good body language with the Team
- https://www.youtube.com/watch?v=N-Rcl-j4cU8&t=3s

John Calipari – Head Coach of the Kentucky Men’s Basketball Team
- “Body language screams a lack of mental toughness.”
- “How we think has to change if you want how you are playing to change.”
- https://www.youtube.com/watch?v=epw99rzvxq8&t=1s

Dr. Amy Cuddy – Social Psychologist, Author, and Lecturer
- “We know that our minds change our bodies, but is it also true that our bodies change our minds?”
- Don’t fake it till you make it, fake it till you become it.
- https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are#t-119194