

Motivation Strategies for Athletes on the Autism Spectrum

Key Strategies



Make it fun!

Build rapport with them and embed their interests in drills, activities and games.



Use a schedule & give reminders

Schedules increase predictability and reduce anxiety. Remind them how much time is left in the activity.



Use 'First-Then' statements

Alternate between difficult and fun activities to reduce frustrations.



Celebrate all successes

Be aware of which activities may be difficult for each athlete and provide extra encouragement.



Provide choices

Increase agency and engagement by providing choices over equipment, activities, etc.



Try a points system

Awarding points for positive behaviours can increase the occurrence of those behaviours.