

SPORT PSYCHOLOGY AND COACHING

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OUTLINE

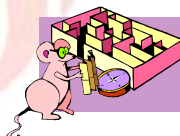
- Characteristics of an excellence environment
- The role and evolution of the coach
- Successful Coaching
- Specifics: Motivation, Self-Awareness, Productive thinking, Self-confidence



WHY Sport Psychology?

- What kind of athletes do you want?
 - Confident, motivated, able to focus, consistent, good team members...?
- Do you train these skills?
THEY ARE TRAINABLE....

Start with the end in sight!



THE TASKS OF LEADERS

ESTABLISH CLEAR VISION

FORMULATE STRATEGY & PLAN

COMMUNICATE



Jones & Morehouse (2007)

VISION

- Based in your **Philosophy of Coaching**
 - **Why do you coach? What is important to you?**
 - **You are an educator, and a powerful one at that!**
 - What are your **VALUES?** Do you live by them?



In the end, what do you want them to learn?

STRATEGY AND PLAN

- How are you going to reach your **VISION?**
- With kids the daily activity **IS** the experience, not the final result.
- Plan and then be flexible. Expect the unexpected and you will teach resilience!

COMMUNICATE

- No matter how great your vision or clear your pathway, if you cannot communicate it, it will not happen!!
- They watch what you say and what you do
- How do you communicate that you care?
- How do you build trust?



THE COACH AS ARCHITECT OF THE PERFORMANCE ENVIRONMENT

- TO ACHIEVE THE **VISION** THE COACH MUST FIND BALANCE BETWEEN

CHALLENGE	and	SUPPORT
<i>(High expectations, Clear Consequences Pressure as positive)</i>		<i>(individualized support attention to the whole person/Care Rewards contingent on behavior)</i>

STAGES OF COACHING

- **SURVIVAL:** Balance of friendship/power
- **STRIVING FOR SUCCESS:** Building team, being noticed. Risk of sacrificing players
- **SIGNIFICANCE STAGE:** Meaning of the relationship/impact on athlete's lives.
 - **SATISFIED STAGE:** Comfort zone, less passion
 - **SPENT STAGE:** Burned-out

Successful Coaches

- Youth coaches passionate about sport
- Positive role models for self-control, discipline, leadership
- From negative coaching experiences they learned what NOT to do



Great Job Coach! Salmela, J., 1996

Early Coaching Career

- Awareness of impact on athletes
- Acquiring Coaching knowledge
- Learning from mistakes



Salmela, J., (96)

Staying on Top

- You never know too much
- Find your style
- Care about overall person
- Effective communication
- Positive working environment



7 Secrets of Successful Coaches

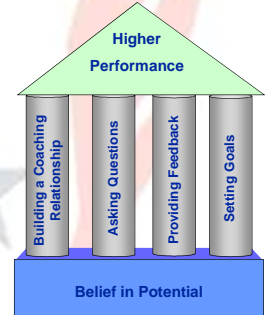
1. Character Based
2. Competent
3. Committed
4. Caring
5. Confidence-Builders
6. Communicators
7. Consistent



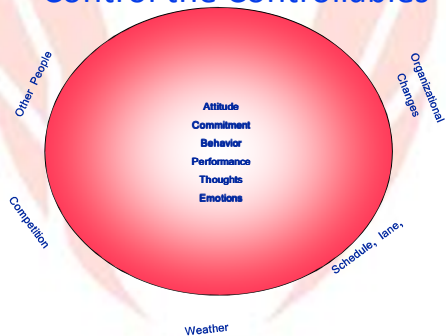
Jeff Janssen & Greg Dale (2002)

Fundamental Coaching Skills

- Building a coaching relationship
- Asking Questions/Communicating
- Providing feedback
- Setting goals



Control the Controllables



Essential aspects of motivation

- Autonomy/Control**
- Competence/Capability**
- Relatedness/Belonging**

Motivation Tools

- **Competence**
 - Goal Setting
 - Feedback
- **Autonomy**
 - Decision-making opportunities
 - Choice
- **Relatedness**
 - Personal Involvement
 - Vision
 - Relationships

Three Very Important Rules

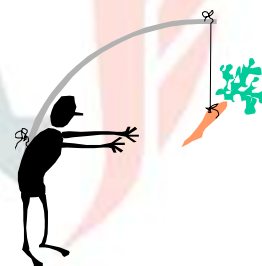
- **Any attempt at external control will reduce internal motivation**
- **Any feedback that undermines perceptions of competence will reduce internal motivation**
- **People have to want to belong for relatedness to have an impact**

MOTIVATION

- Coach cannot give it!
- You can help foster it or help crush it
- Basics of helpful motivation style:
 - **promote perceptions of autonomy and competence, target behaviors that are under the athletes' control, and convey high but realistic expectations.**
 - **Provide choice within specific rules and limits**
 - **Provide athletes with opportunities for initiative taking and independent work**


MOTIVATION

- Make sure to allow for Dream Goals and talk about mapping them
- Ask your athletes to set Goals, including **STRETCH GOALS**




STRETCH-GOALS

Those goals that have an equal chance of being achieved as not




PRODUCTIVE THINKING

- Make it a part of the training language
- Purposeful
- Productive
- Possibility
- Watch your own!



Productive Thinking

- Focused on present
- Personally controllable
- Task related not outcome
- Personally relevant



POSSIBILITY THINKING

What could be?
Avoid self-imposed barriers

CONFIDENCE



- In the coaches
- In the system
- In themselves
- Show Confidence
- Give opportunities for success
- Positive Feedback 4/1
- Useful Feedback: What to do

Teaching to Compete



- Who are good competitors?
- Adjusting definitions of Success: Success= going for it, trying new things
- Competing as a group/Intervening in the group

SELF-AWARENESS

- Self-awareness of what works
- Incorporate Energy Management
- Use their own language
- Have them reflect



WHAT IS YOUR PLAN?

- **What are your stretch goals?**
- **What are some things you can incorporate into your program to better prepare your athletes for their stretch goals?**

STRESSORS

- Judged on what someone else does
- Many demands with competing goals
- Long hours, travel...
- Family conflict likely
- Low self-care skills



STRESS MANAGEMENT FOR THE COACH



- Self-awareness
- Support
- Balance within the imbalance

THANK-YOU FOR YOUR ATTENTION!