

Athletes Meet Track and Field at the Coach

Cristina Fink Ph.D.
cfink@hpsports.com



Coaching is all about teaching and allowing athletes to:

- * Learn
- * Prepare better
- * Perform better
- * Achieve more
- * Experience personal excellence
- * More fulfilled for their investment and efforts
- * Motivated to come back and do more!



YOUR OWN PROGRAM

- * What are you about as a coach? What is important to you? What are your values?
- * What do you stand for?

- * Responsibility
- * Accountability



The Tasks that Coaches do

- * Selecting personnel
- * Teaching a skill
- * Teaching to compete
- * Motivating
- * Managing Groups
- * Administrating



The people they work with

- * Athletes
- * Parents
- * Asst. Coaches
- * Medical/Training team
- * Administration
- * Academics
- * Others



Successful Coaches

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



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)



1 Character

- * My coach has principles and wants to do the right thing
- * My coach is honest and consistent with me and my teammates
- * I like to be related to my coach



#2 Competent

- * My coach knows the sport inside out
- * My coach is innovative, he/she is up to date with the latest information
- * My coach is human! He/she accepts when he/she makes mistakes



#3 Committed

- * My coach has a vision and believes we can achieve it
- * My coach is passionate for us and our sport
- * My coach likes to win and is competitive



#4 Caring

- * My coach cares about me
- * My coach would do anything for me
- * I know I will be able to count on my coach for the rest of my life



#5 Confidence builder

- * My coach believes in me
- * My coach has high expectations for me
- * My coach makes me feel like I can accomplish anything I put my mind to
- * My coach supports me when I have problems
- * My coach appreciates my effort



#6 Good Communicator

- * My coach is a good communicator
- * My coach finds ways of dealing with problems before they escalate
- * My coach listens and takes my point of view into account
- * My coach values my opinion



#7 Consistent

- * My coach has an idea and is consistent
- * My coach's behavior remains consistent whether we are winning or losing
- * My coach maintains discipline in a fair and even manner



TALENT EVOLUTION

PHASE/ PERSON	INITIATION	DEVELOPMENT	ELITE
Athlete	Joy	Commitment	Obsession
Coach	Interested	Respected	Perfectionist
Parents	Enthusiastic	Positive	Sacrificed



B.S. Bloom (1985) *Developing Talent in the Young*



What makes practice fun?

- * When coach says I did a good job
- * When I improve, do something I could not do before
- * When I help someone in the team
- * When I do something hard



MOTIVATING

- * Different Motivations
- * The team as a motivator
- * Daily practice goals
- * Recognize and value effort

* Autonomy

- * Empower athletes to make decisions
- * Provide security so that honest mistakes are not punished

* Competence

- * Provide motivational and developmental feedback
- * Encourage a focus on task mastery
- * Provide opportunities for athletes to work on tasks that are matched to their abilities

* Relatedness

- * Sense of belonging
- * Want to be part of the group, want to be related to you



Motivation Tools

- * Competence
 - * Goal Setting
 - * Feedback
- * Autonomy
 - * Coaching
 - * Choice
- * Relatedness
 - * Involvement
 - * Vision
 - * Relationships



COACHING SELF-CONFIDENCE

- * *Show Confidence*
- * *Give opportunities for success*
- * *Effective Feedback*
 - * *Instructional*
 - * *Motivational*



Things I will do to build Confidence with my Athletes

- * Provide unconditional belief and confidence
- * Be confident in myself
- * I will be calm in difficult situations
- * I will focus on the process of performance, not the outcome
- * I will develop training sessions that allow opportunities for athletes to succeed
- * Teach them that confidence is a choice



Things I will do weekly to build Confidence with my Athletes

- * Spend time developing relationships with each athlete
- * Model confidence and effective communication
- * Provide situations where there is a little pressure, with a reasonably attainable challenge, at least once a week
- * Reflect on and praise great effort
- * Allow athletes to provide instruction and feedback



Things I will do daily to build Confidence with my Athletes

- * Treat athletes with respect and value their ideas and opinions
- * Encourage athletes to take risks
- * Give specific feedback
- * Show belief and confidence in our program our athletes and ourselves
- * Commit daily to a high work ethic
- * Teach them how to be independent



Differences between “challenging” (feedback) and “criticising”

CHALLENGING

CRITICISING

Present problem	↔	Person
Be specific	↔	General
Use facts	↔	Perception/judgement
Focus on change	↔	Blame
Build on relationship	↔	Division

Staying on Top

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



Coaches' Own Preparation

- * For training session
- * For competition (Warm-up, routines...)
- * Talking to the athletes (knowing when NOT to say anything)



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**



Manage your Energy

- * Over-stressed or under-recovered?
- * Main sources of Energy:
 - * Physical
 - * Emotional
 - * Spiritual

How/when do you recharge?



Self-Awareness

- * Your own sources of stress
- * Specific responses
- * The power of saying “No”!
- * Making your own plan



What my coaches did for me



- * Believed in my potential
- * Worked with my self belief
- * Helped set Goals (challenged me)
- * Encouraged and supported me
- * Reviewed performance
- * Created the environment
- * Helped me take responsibility



What he didn't do... jump for me



Thank you!
Questions?

cfink@hpsports.com