COACHING FAILS: Things You Should Stop Doing Right Now
Coachboat Management

Onboard:
Coachboat Management

Onboard:

**Fuel the rib** ideally the night before
Coachboat Management

Onboard:

**Fuel the rib** ideally the night before

**Food / Water** for coach
Coachboat Management

Onboard:

**Fuel the rib** ideally the night before

**Food / Water** for coach

**Extra food / Water for athletes**
Coachboat Management

Onboard:

**Fuel the rib** ideally the night before

**Food / Water** for coach

**Extra food / Water for athletes**

**Tools** to fix hardware
Coachboat Management

Onboard:

**Fuel the rib** ideally the night before

**Food / Water** for coach

**Extra food / Water for athletes**

**Tools** to fix hardware

**Spare parts** that will break

<table>
<thead>
<tr>
<th>Personal Spares</th>
<th>On-Water Gear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tow Line / Kite Sheet</td>
<td>Spinnaker</td>
</tr>
<tr>
<td>Mainsheet</td>
<td>4mm Dyneema (16ft)</td>
</tr>
<tr>
<td>Tiller Extension</td>
<td>Electrical Tape</td>
</tr>
<tr>
<td>Sail Tape</td>
<td>Trapeze Bolt &amp; Nut</td>
</tr>
<tr>
<td></td>
<td>Mainsheet</td>
</tr>
<tr>
<td></td>
<td>Bungee</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>On-Shore Spares</th>
<th>2NINER Toolbox</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mast Top Section</td>
<td>Screwdrivers</td>
</tr>
<tr>
<td>Boom</td>
<td>Wrenches, Plyers, Rivet Gun</td>
</tr>
<tr>
<td>Main, Jib, Kite</td>
<td>Scissors</td>
</tr>
<tr>
<td>Control Lines</td>
<td>Measuring Tape</td>
</tr>
<tr>
<td>Halyards</td>
<td>Spare Battens</td>
</tr>
<tr>
<td>Trapeze system</td>
<td>Misc 29er parts</td>
</tr>
</tbody>
</table>
Prepare for Action
Prepare for Action

Self Care (morning routine)
Prepare for Action

Self Care (morning routine)

Mental Prep: forecasting, to do list, daily goals.
Prepare for Action

Self Care (morning routine)

Mental Prep: forecasting, to do list, daily goals.

Checklist Gear (charging station)
Prepare for Action

Self Care (morning routine)

Mental Prep: forecasting, to do list, daily goals.

Checklist Gear (charging station)

Keep it simple
Set the Tone For the Day
Set the Tone For the Day

High / Low Energy
Set the Tone For the Day

High / Low Energy

Alert / Inattentive
Set the Tone For the Day

High / Low Energy
Alert / Inattentive
Organized / Messy
Set the Tone For the Day

High / Low Energy
Alert / Inattentive
Organized / Messy
Focused / Distracted
Set the Tone For the Day

High / Low Energy
Alert / Inattentive
Organized / Messy
Focused / Distracted

Model the behavior you want to see
On Water Action
On Water Action

Establish *Meeting Point*
On Water Action

Establish **Meeting Point**

Set a **Deadline**
On Water Action

Establish **Meeting Point**

Set a **Deadline**

Set an **Alarm** (reminder)
On Water Action

Establish **Meeting Point**

Set a **Deadline**

Set an **Alarm** *(reminder)*

Develop a **Routine**
On Water Action

Establish **Meeting Point**

Set a **Deadline**

Set an **Alarm** (reminder)

Develop a **Routine**

Keep It **Simple**
Process Oriented Mindset

“Failure is an opportunity to grow”
GROWTH MINDSET
“I can learn to do anything I want”
“Challenges help me to grow”
“My effort and attitude determine my abilities”
“Feedback is constructive”
“I like to try new things”

“Failure is the limit of my abilities”
FIXED MINDSET
“I’m either good at it or I’m not”
“My abilities are unchanging”
“I don’t like to be challenged”
“I can either do it, or I can’t”
“My potential is predetermined”
“When I’m frustrated, I give up”
“Feedback and criticism are personal”
“I stick to what I know”
The Fallacy of Anecdotal Evidence

Watch & learn to identify either tactical or strategic moves
The Fallacy of Anecdotal Evidence

Watch & learn to identify either tactical or strategic moves

Identify the shift
The Fallacy of Anecdotal Evidence

Watch & learn to identify either **tactical** or **strategic** moves.

Identify **the shift**

Develop **your eye**

*(rail to rail or tip to tail)*

The goal: “At that moment, I saw this happen to you.”
The Fallacy of Anecdotal Evidence

Watch & learn to identify either tactical or strategic moves

Identify the shift

Develop your eye

(rail to rail or tip to tail)

The goal: “At that moment, I saw this happen to you.”
Stop Comparing Athletes to One Another
Compare Athletes to Themselves
Obsessing Over Scores
Obsess Over Skills

Create a **Skills Scoreboard**

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Action</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 mins to start</td>
<td>Off Dock</td>
<td>-2 pts</td>
</tr>
<tr>
<td>75 mins to start</td>
<td>Gather at RC</td>
<td>-2 pts</td>
</tr>
<tr>
<td>45 mins to start</td>
<td>Pre- Race Routine</td>
<td>-2 pts</td>
</tr>
<tr>
<td>30 mins start</td>
<td>Below Line</td>
<td>-2 pts</td>
</tr>
<tr>
<td>0 mins to start</td>
<td>Race 1</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bonus / Between Race Routine</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>UW S/P Compass #</td>
<td>-2 pts</td>
</tr>
<tr>
<td>Start Bias</td>
<td>-2 pts</td>
</tr>
<tr>
<td>Gate Bias</td>
<td>-2 pts</td>
</tr>
<tr>
<td>Wind Angle</td>
<td>-2 pts</td>
</tr>
<tr>
<td>UW Playbook</td>
<td>ID Priority</td>
</tr>
<tr>
<td>DW Playbook</td>
<td>ID Priority</td>
</tr>
</tbody>
</table>
## Perfection or Excellence?

<table>
<thead>
<tr>
<th>Perfectionism</th>
<th>Pursuit of Excellence</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Perfectionism</strong> means thinking <em>less</em> of yourself because you earned a B+ instead of an A.</td>
<td>1. The Pursuit of Excellence means thinking <em>more</em> of yourself for trying something new.</td>
</tr>
<tr>
<td>2. <strong>Perfectionism</strong> means being hard on yourself because you aren’t equally talented in all sports.</td>
<td>2. The Pursuit of Excellence means choosing some things you know you’ll be good at—and others you know will be good for you or just plain fun.</td>
</tr>
<tr>
<td>3. <strong>Perfectionism</strong> means beating yourself up because you lost the student council election.</td>
<td>3. The Pursuit of Excellence means congratulating yourself because you were nominated and deciding to run again next year—if that’s what you want.</td>
</tr>
</tbody>
</table>
Burning Matchsticks
Burning Matchsticks

Top 10% - Elite Achievers
Burning Matchsticks

Top 10% - Elite Achievers

Middle 80% - Reliable, but not self-driven to excellence (majority of team members)
Burning Matchsticks

Top 10% - Elite Achievers

Middle 80% - Reliable, but *not self-driven* to excellence (majority of team members)

Bottom 10% - Defiant, unengaged
Forcing Teachable Moments

Seek understanding then to be understood. Listen first.
Know Your Role
Know Your Role

**Trainer** blows whistles, organizes drills, and administers a practice.
Know Your Role

**Trainer** blows whistles, organizes drills, and administers a practice.

**Coach** understands where athletes are at developmentally and guides them.
Know Your Role

**Trainer** blows whistles, organizes drills, and administers a practice.

**Coach** understands where athletes are at developmentally and guides them.

**Expert** addresses specific details.
Learning Styles

Visual
Auditory
Kinesthetic
Know Your Audience
Get Out of the Boat Park
You’re a Professional
COACHBOAT MGMT
PREPARE FOR ACTION
SET THE TONE
ON WATER EFFICIENCY
PROCESS ORIENTATION
BE SPECIFIC
COMPARE SELF TO SELF
SKILLS NOT RESULTS
EXCELLENCE VS. PERFECTION
INVEST WELL
TEACHABLE MOMENTS
KNOW YOUR ROLE
LEARNING STYLES
GET OUT OF THE BOAT PARK
BE A PRO

TO GIVE ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE THE GIFT. 

Steve Prefontaine