Reading Athletes & Successfully Delivering What They Want & Need
Topics to Cover
Topics to Cover
Topics to Cover

- Effective Coaching
- Reading Athletes
Topics to Cover

- EFFECTIVE COACHING
- READING ATHLETES
- PUSHING FURTHER
What is an effective coach?
What is an effective coach?
What is an effective coach?
What is an effective coach?
Without Coaching

Wants

Needs

With Coaching

Wants & Needs
Reading Athletes
Reading Athletes
First Contact
Trust & Connection
First Contact
Trust & Connection

- Finding Common Ground
First Contact
Trust & Connection

- Finding Common Ground
- Validation
First Contact
Trust & Connection

- Finding Common Ground
- Validation
- Genuine Leadership
First Contact
Trust & Connection

- Finding Common Ground
- Validation
- Genuine Leadership

Diagram:
- Authoritarian: Exert high levels of control over children, Not responsive to children's emotional needs, Strict
- Authoritative: Extremely responsive to children's emotional needs, Strict, but fair
- Uninvolved: Exert low levels of control over children, Not responsive to children's emotional needs, Neglectful
- Permissive: Extremely responsive to children's emotional needs, Loving, but lax
First Contact
Trust & Connection

- Finding Common Ground
- Validation
- Genuine Leadership
- Prepare for the Day

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<th>HIGH STRUCTURE</th>
<th>LOW STRUCTURE</th>
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First Contact
Service
First Contact
Service

- Know Thyself
First Contact
Service

- Know Thyself
- Manage Expectations
First Contact Service

● Know Thyself
● Manage Expectations
● Find Sticky Spots & Streamline
First Contact

Service

● Know Thyself
● Manage Expectations
● Find Sticky Spots & Streamline
● Identify Type of Service
First Contact
Service

- Know Thyself
- Manage Expectations
- Find Sticky Spots & Streamline
- Identify Type of Service
- Consistency is key
Delivering What They Want & Need

Pushing Athletes Further
Pushing Further
Assessment

S | Strength
W | Weakness
O | Opportunity
T | Threat
Pushing Further Assessment

S | Strength
W | Weakness
O | Opportunity
T | Threat

4 Stages of Mastery

UNCONSCIOUS INCOMPETENCE
“Don’t Know What You Don’t Know”

CONSCIOUS INCOMPETENCE
Knowing What Needs Improvement
Not Knowing How to Improve

UNCONSCIOUS COMPETENCE
Ability to Execute without Thought
Years of Training, Practice, Coaching, Discipline

CONSCIOUS COMPETENCE
Knowing How to Improve
Utilize Training, Practice, Refinement, Feedback
Pushing Further
Alignment
Pushing Further
Leadership Capital
Pushing Further

Pushing Further
Support
Pushing Further
Support

- Listen First
Pushing Further
Support

- Listen First
- Right Words at Right Time
Pushing Further
Support

- Listen First
- Right Words at Right Time
- Accelerate Learning Process
Pushing Further Support

- Listen First
- Right Words at Right Time
- Accelerate Learning Process
- Admit When You’re Wrong
Rules to Live By When It’s Gametime
Rules to Live By When It’s Gametime

It’s Not About You
Rules to Live By When It’s Gametime

It’s Not About You

What Do They Need
Rules to Live By When It’s Gametime

- It’s Not About You
- What Do They Need
- Ask for Feedback
Be True to Yourself
Resources

The Art of Communication - Thich Nhat Hanh
Mindset - Carol Dweck
Legacy: 15 Lessons from NZL All Blacks - James Kerr
Above the Line - Urban Meyer
7 Habits of Highly Effective People - Stephen R. Covey
How We Learn - Benedict Carey
The Talent Code - Daniel Coyle
The Culture Code - Daniel Coyle
Top Dog - Po Bronson & Ashley Merryman
Overcoming the 5 Dysfunctions of a Team - Patrick Lencioni

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