The ‘how’ of coaching-

Mental Perspective

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Topics

Positive Coaching

- ✓ Self Awareness
- ✓ Awareness of coaches' actions on athletes
  - Communication
  - Coaching and learning styles
  - Coaching and athlete personality

What is Positive Coaching?

Specific and real feedback that is balanced and focuses on developing the athlete's strengths as well as their weaknesses.

Traditional Coaching Model

- Reactively address poor performance
- Intervention oriented
- Addresses weakness
- Seeks compliance

Positive Coaching Model

- Proactively Facilitate good performance
- Prevention oriented
- Optimizes strengths
- Builds commitment

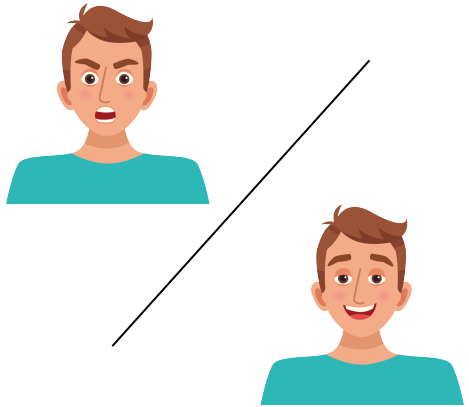
Effective ways of coaching

Habit	Result
Explain expectations	Alignment
Ask questions	Engagement
Involve players Measure results	Ownership Accountability
Appreciate players	Commitment

Positive Coaching

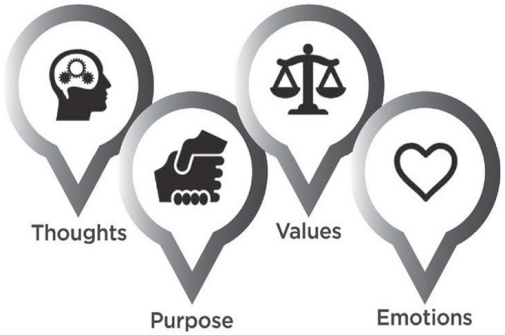
SELF-AWARENESS

AWARENESS OF OUR ACTIONS ON ATHLETES



1. Self-Awareness

Ability to see yourself clearly and objectively through reflection, self-evaluation and allows us to understand how others perceive us.



INTERNAL

Knowing about your values, beliefs, internal qualities, purpose.

EXTERNAL

Getting feedback from others

Why be self-aware:

It helps you to make changes in the thoughts and interpretations you make in your mind which in turn allows you to change your emotions.

Techniques to know ourselves better:

- SWOT analysis
- Maintaining a diary to express feelings
- Meditation
- Taking professional help

Getting feedback from others

Head Coaches /
Assistant Coaches

Players / Parents

Colleagues

Trusted People

2. Awareness of our actions on athletes:

Now lets shift the focus outside ourselves and think how our actions would impact the athletes.

- Communication
- Understanding different learning styles
- Being aware of different personalities

What is communication?

- It is effectively expressing and transmitting your knowledge, thoughts, and feelings to the athletes.

Why effective communication is important?

- To develop trust between coaches and athletes and exerting a positive influence on the athletes.

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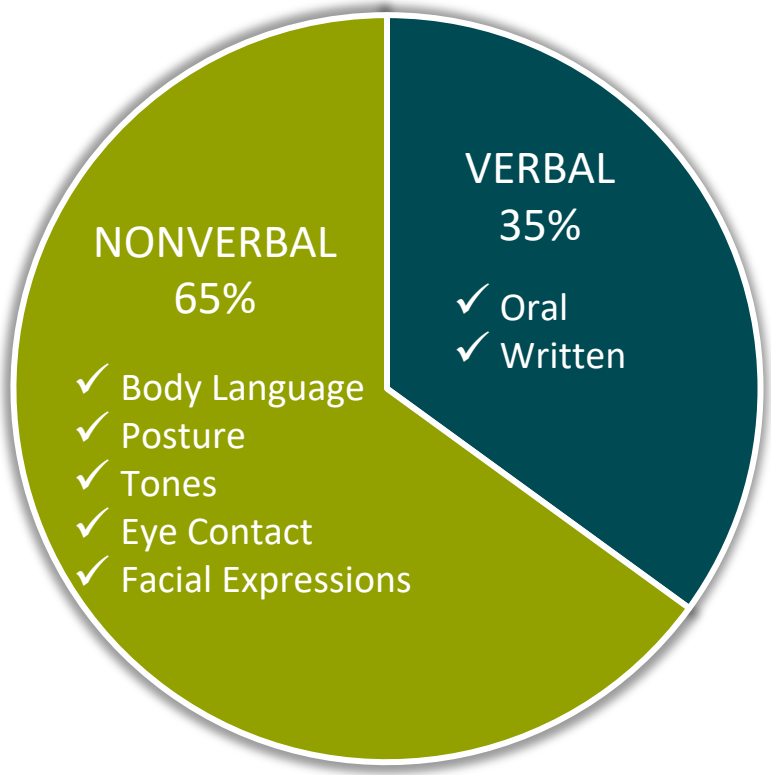
Types of Communication:



Guidelines for effective messages:

Messages should be

- Direct
- Complete and specific
- Separate fact from opinion
- Focused on one thing at a time
- Repeat the key points in a message to reinforce what you are saying
- At the receiver's level
- Consider each athlete's learning style

Another component to communication:

Listening

Listening is the ability to accurately receive and interpret messages

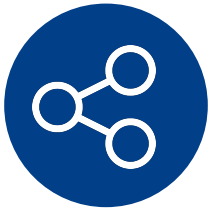
1. PAY ATTENTION

2. WITHHOLD JUDGEMENT

3. REFLECT

4. CLARIFY

5. SUMMARISE



6.SHARE

What are learning styles?

- Preferential way in which the athletes absorb, process, comprehend and retain information.

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Learning styles:

Visual: Show the athlete visually what you want them to learn

Auditory: Give them feedback or instruction with your voice, a recording, or some other form of aural input.

Reading/Writing: Athletes learn best by receiving written feedback. Encourage them to write or journal as a way of learning.

Kinesthetic: Tell them what to do, show them what to do, give them something to read, and then let them get to work by integrating all of these.

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Personality Types of Athletes:

Take Away:

- Give time for yourself and introspect.
- Taking feedback from others helps in building bond.
- Help athletes understand not just what they did wrong, but how to correct that mistake.
- Your actions and non-verbal cues are important.
- Identify different ways of learning styles of athletes.
- Know individual differences in personalities.

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Thank You

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