



Effective Coaching and Communication

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IT IS VITAL TO CREATE A POSITIVE COACH-ATHLETE RELATIONSHIP WITH SIMPLE INTERACTIONS, SUCH AS A SMILE, FIST BUMP, HUG, OR PAT ON THE BACK, REGARDLESS OF HOW THE ATHLETE HAS DONE ON A GIVEN DAY.

Communication

- Verbal and Non-Verbal
- Communication During Practice
- Communication During Competition

W.A.I.T.

Why Am I Talking?

Listening

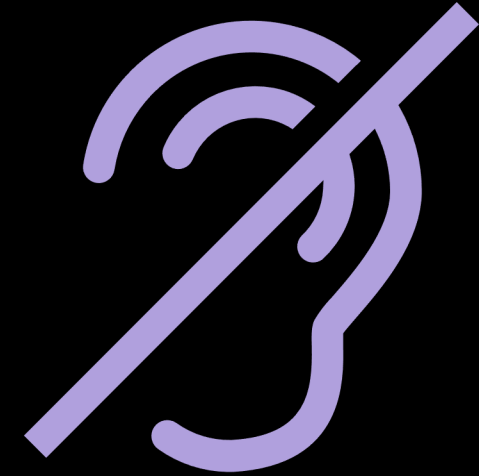
- Pay attention, be engaged, make eye contact as you listen
- Use appropriate body language and proximity with emotional control
- Do not think about a reply; be fully present as you listen
- Pause before speaking

Talking

- Provide appropriate coaching solutions
- Ask questions and listen
- Check for understanding
- Use follow up questions if needed

Review

- Paraphrase the content
- Review the coaching cues
- Always finish with positive reinforcement





Feedback

- Intrinsic Feedback
- Extrinsic Feedback
- Knowledge of Results
- Knowledge of Performance
- Internal and External Focus
- Video Feedback
- Feedback and New Learners
- Advanced Learners Feedback

Learning

- Visual
- Learn By Doing
- Other Learning Styles
- Relate New Learning to Previous Skills
- Relearning



Stages of Learning and Athletics



Simple Skill
Development

Complex Skill
Development

Complex Skill
Improvement

Complex Skill
Refinement

Coaching Strategies for Success

Solution Based Feedback

Question and Answers

Directives

Teach and Explain

Small Changes = Big Results



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Books

Shot Put and Discus Throw Manual

10% Improvement Coaching Strategies

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Questions?



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