



The Coach Athlete Relationship.

The Soft Skills of Coaching.

Who?



- ▶ Your coaching is a reflection of who you are; where you have been and where you intend upon going.
- ▶ Your coaching depends upon you being comfortable with who you are and what you have to offer the athlete.
- ▶ Your coaching demands a philosophy. You have to know the why?

Why we coach.





“I’m going to need you to coach me now more than ever?”

**David Baxter
August 2009.**

**R.I.P
27/3/1977 – 2/7/2010**



That was never in the coaching manual....



Goals.

**Athlete First;
Winning
Second**

Common Ground

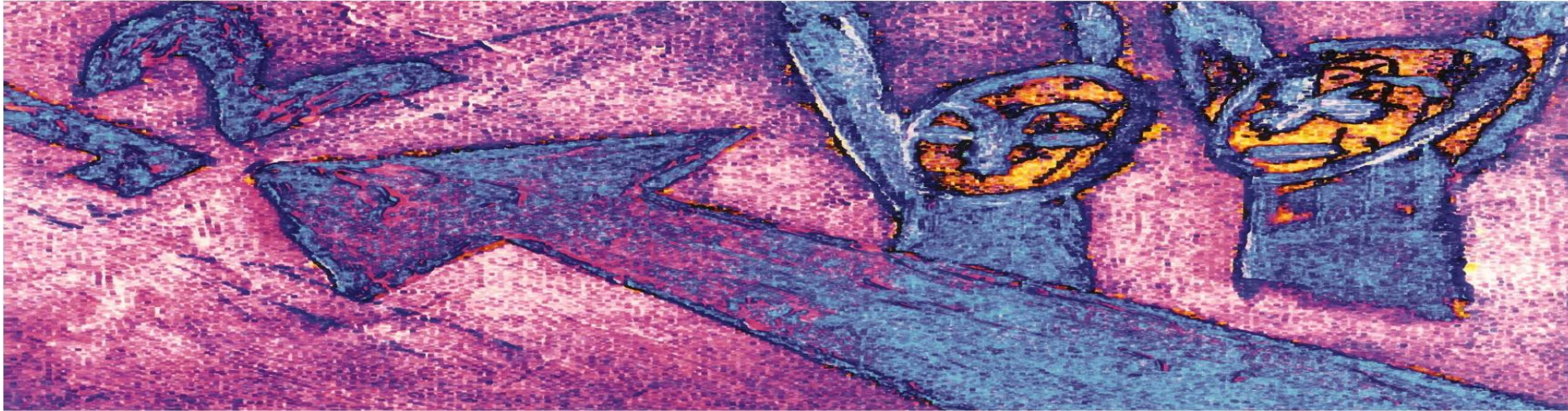


Focus on what you have in common.

Acknowledge differences and move on.

Understand where the individual is from. What is their background.

Mission Statement



Individual

Group collaboration

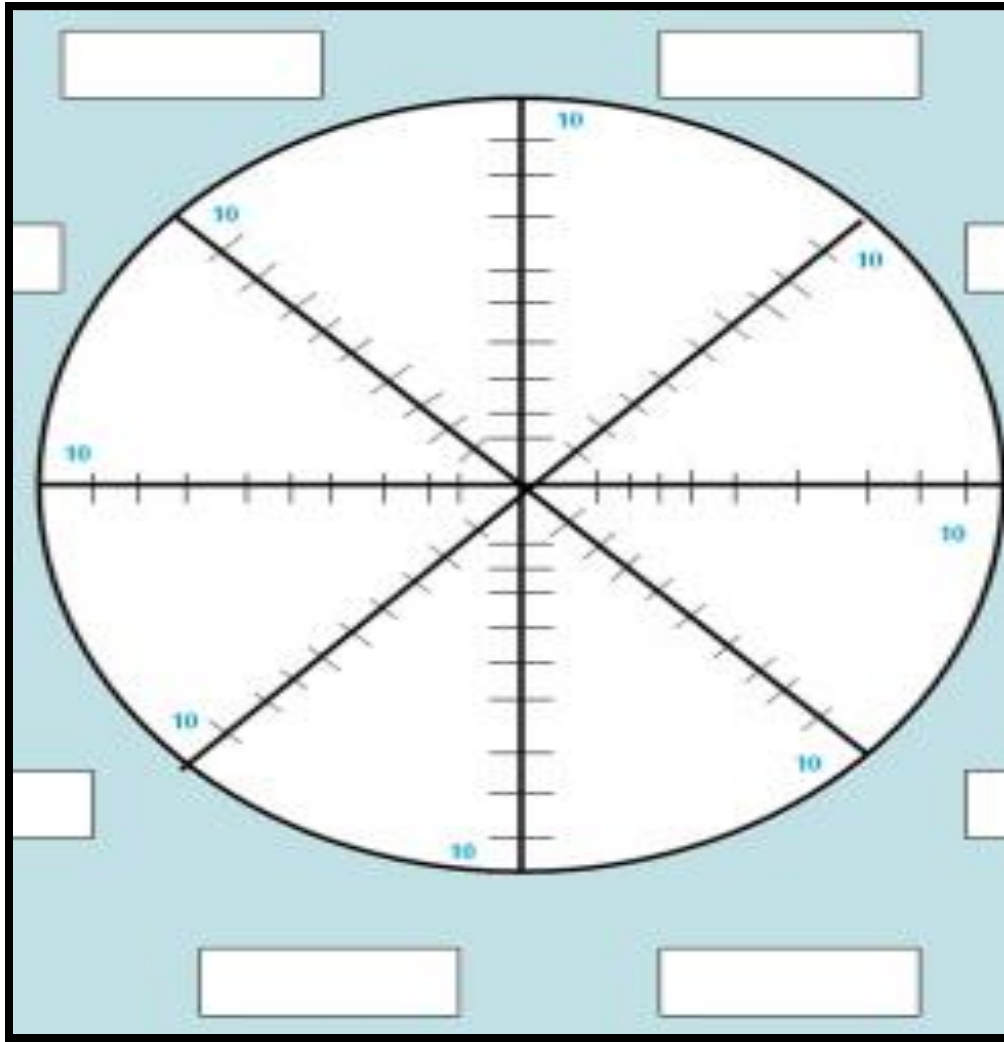
Visual versus written.

Definition?

▶ **DISEASE**

Definition?

▶ **DIS / EASE**



Sport
Work
Family
Home
Interests
Study
Friends
Social life
Other

How to develop the person and then the athlete...



Consistent

Honest

Reliable

Listen

Lead by example

Challenge always

Lessons and learning consciousness

Japan Leadership Program

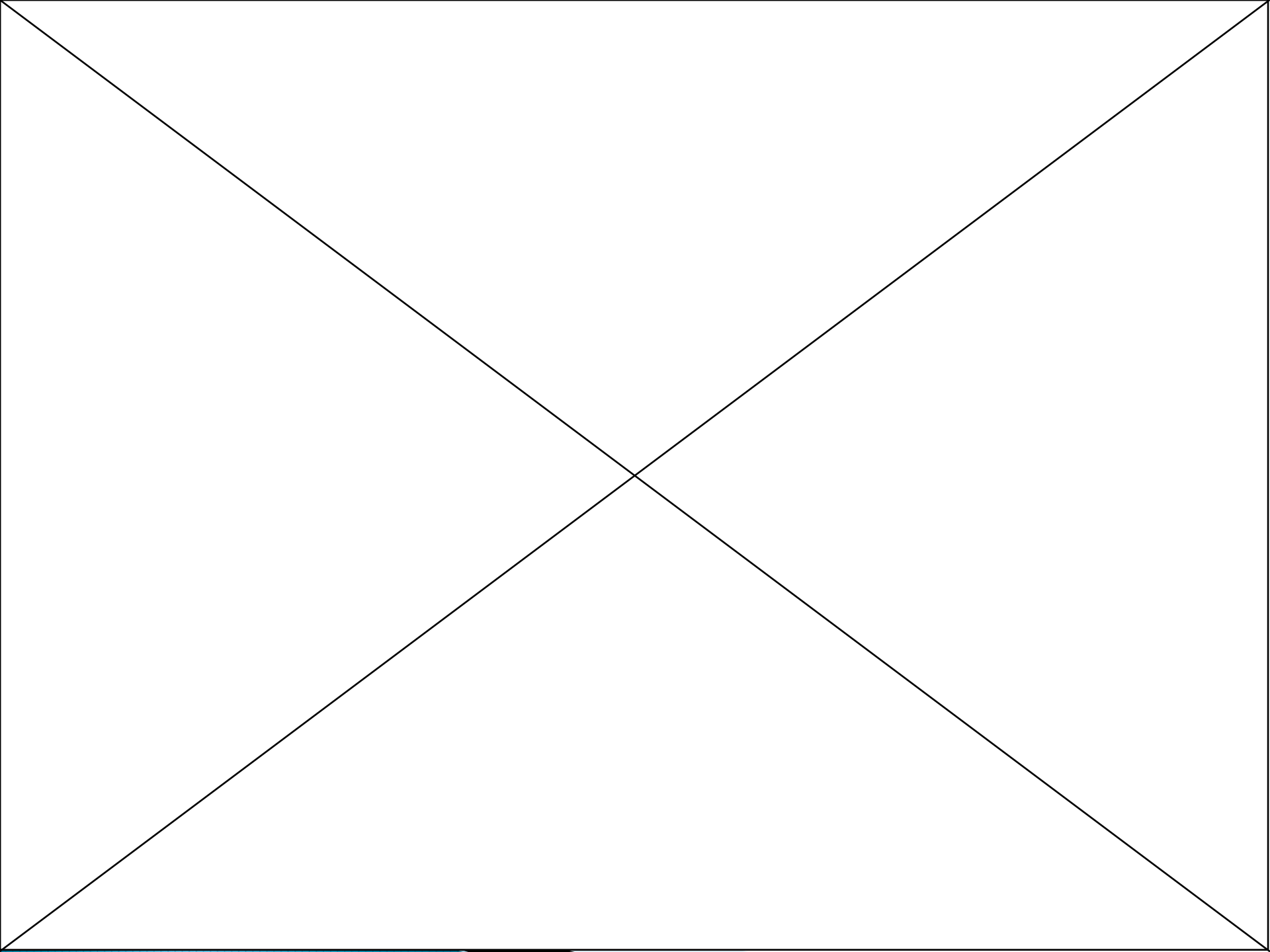
The Japanese Gardener

The Tokyo Subway



Some things are more important than sport....

- ▶ “..... Because everything was black and I didn't know which way was up or down or left or right, the fact that my belt was going in a direction led me to understand that that was the way of the door..... Just the sheer amount of – I guess the fact that the aircraft was dropping so rapidly and the amount of water actually being pushed through the cabin, and I guess it felt like I was hanging out of a car doing 100, 200 ks an hour. It was definitely going down very, very quick...”



Some things are more important than sport....

- ▶ “ ...I made the decision that I was going to keep going for the surface, and regardless of whether I could physically get there or not, if I blacked out or whatever, because my RFD was popped, if I got to the surface, then someone else would revive me.”

Small steps...



Potential Lost



“..you do your job; I’ll do mine”

From the age of 5, this boy’s job is that of a beggar. Never mind elite athlete, lawyer or teacher. His path is predetermined.

Opportunity.

Is your program suffering from a third world approach?

How do you define success?



Is it the same viewpoint as your athletes? (Little Athletes vs parents)

Should you be judged by the improvement of your best athletes?

Or should you be judged on the improvement of your least talented athletes?

When you speak to your athletes, are you able to separate the athlete from the person?

Success is getting what you want..... My Olympic Journey started C1985.



"If you look closely at all great organizations, all great teams, all great people, the one common denominator that runs through them is a second-to-none work ethic. The intense effort to achieve is always there. This is the one given if you want to be successful. When it comes to work ethic there can be no compromises. Any other promise is made of fool's gold.

We can see the evidence of fool's gold around us every day. It's the people looking for the quick fix. The easy way...as if all you have to do is follow some simple directions and your problems will disappear.

The bottom line: Nothing meaningful or lasting comes without working hard at it, whether it's in your own life or with people you're trying to influence.

*You want to succeed? Okay, then succeed. **DESERVE IT!** How? Outwork everybody in sight. Sweat the small stuff, sweat the big stuff. Go the extra mile...but whatever it takes put your heart and soul into everything you do.*

That won't happen unless you choose to make it happen. Success is not a lucky break. It is not a divine right. It is not an accident of birth.

SUCCESS IS A CHOICE."

Rick Pitino
Louisville Basketball Coach



www.quinnelitesports.com.au