

IN-SEASON

Guiding Athletes and Teams to Peak Performance

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Purpose



Quality coaching in practices
and competitions



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A Year-Round System for
Athlete Development and Program Success



Wade Gilbert

Part II In-Season: Enact (*How to optimize performance and skill development*)

Chapter 5 Develop Athletic Talent and Skill

- *Genetic Influences on Athletic Skill*
- *Deliberate Practice*
- *Long-Term Athlete Development*
- *Physical Literacy*
- *Developmental Model of Sport Participation*
- *Free Play*
- *Sport Sampling*
- *Multilateral Development*
- *American Development Model*
- *Athlete Development Models in Action*

Chapter 6 Optimize Athletes' Learning

- *Individual Learning Needs*
- *Athlete Prior Knowledge*
- *Athlete Learning Values*
- *Goal Importance*
- *Expectancies*
- *Component Skills*
- *Expert Blind Spot*
- *Instructional Cues and Feedback*

Chapter 7 Design Quality Practices

- *Mastery Practice Goals*
- *Growth Mindset*
- *Learning Scorecards*
- *8 Principles of Practice Design*
- *General Motor Programs*
- *Random vs. Blocked Practice*
- *Autonomy-supportive Coaching*
- *Functional Variability*
- *Game-like Approach*
- *Maximum Individual Participation*

Chapter 8 Ensure Precompetition Readiness

- *Sleep Guidelines*
- *Food and Hydration Needs*
- *On-site Warm-up*
- *Stretching*
- *Individual Zone of Optimal Functioning*
- *Deep Belly Breathing*
- *Progressive Muscle Relaxation*
- *Imagery and Pre-game Music*
- *Pre-game Speeches*
- *Checklists and Routines*

Chapter 9 Coach Effectively on Game Day

- *'Bench Coaching'*
- *Examine, Encourage, Educate*
- *Competition Check Points*
- *Momentum Triggers*
- *Momentum Strategies*
- *In-game Adjustments*
- *Time-outs and Contingency Plans*
- *Post-competition Routines*
- *Competition Reflection Cards*
- *Post-competition Checklists*



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Keeping Bench Players 'In the Game'

Quality coaches understand that a successful program requires the right team climate in which every player has a chance to improve his or her skills during competitions. This requires a game plan not only for those who will get most of the playing time but especially for those who will have fewer chances to compete.

[READ MORE](#)

Archives

- [Teaching Athletes About Winning It All](#)
- [Coaching Mental Toughness: From Red Bull to Bob Bowman](#)
- [Become a More Resilient Coach](#)
- [Winning Lessons from Anson Dorrance](#)
- [Busting a Culture of Athlete Entitlement](#)



Dr. Wade Gilbert is an award-winning professor in the Department of Sport Management at the University of North Carolina at Charlotte. He has coached and mentored athletes and coaches prior to and during his time at UNC Charlotte. He is a past president of the American College of Sport Psychology and a past president of the American College of Kinetics.

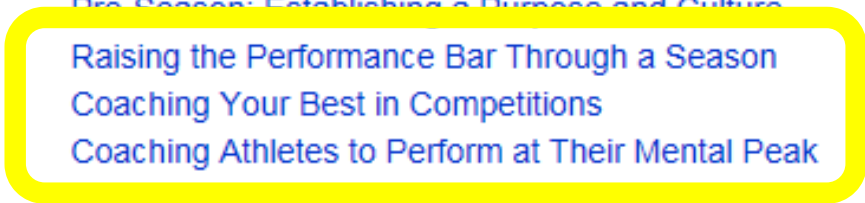
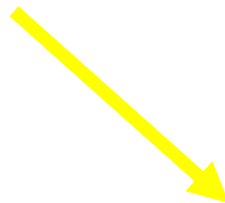
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- [Off-Season: Recharging and Improving for Next Year](#)

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- [Raising the Performance Bar Through a Season](#)
- [Coaching Your Best in Competitions](#)
- [Coaching Athletes to Perform at Their Mental Peak](#)
- [Cultivating Mutual Trust and Connection on Teams](#)
- [Building Athlete Interest: First for Most Powerful Coaching](#)

Other tools for competition coaching...



In-season Coaching

🔑 Principles of Athlete Learning

🔑 Quality Practice Design

🔑 3 E's for Competition Coaching



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Athlete Learning

Process that leads to
desired outcome or change
in skill or behavior



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21 months – time from 1st attempt in practice to 1st attempt in competition
(Willmott & Collins, ISCI, in press)

4 Principles of Athlete Learning

- Prior knowledge can help or hinder
- Motivation directly influences learning
- Skill mastery & component skills
- Combine deliberate practice & feedback



Athlete Prior Knowledge

- Gauge readiness to learn
- Have athletes explain or demonstrate skill

Self-Assessment for Swimming Technique

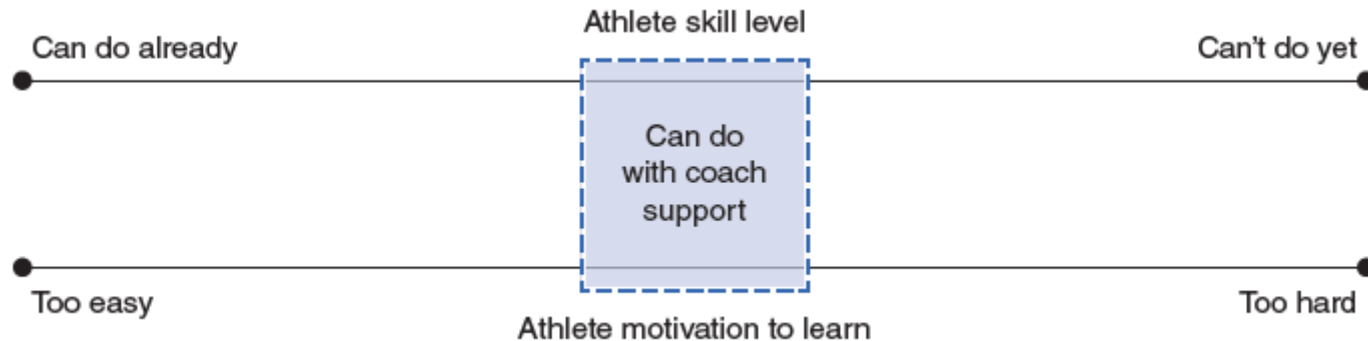
How familiar are you with the underwater butterfly kick?

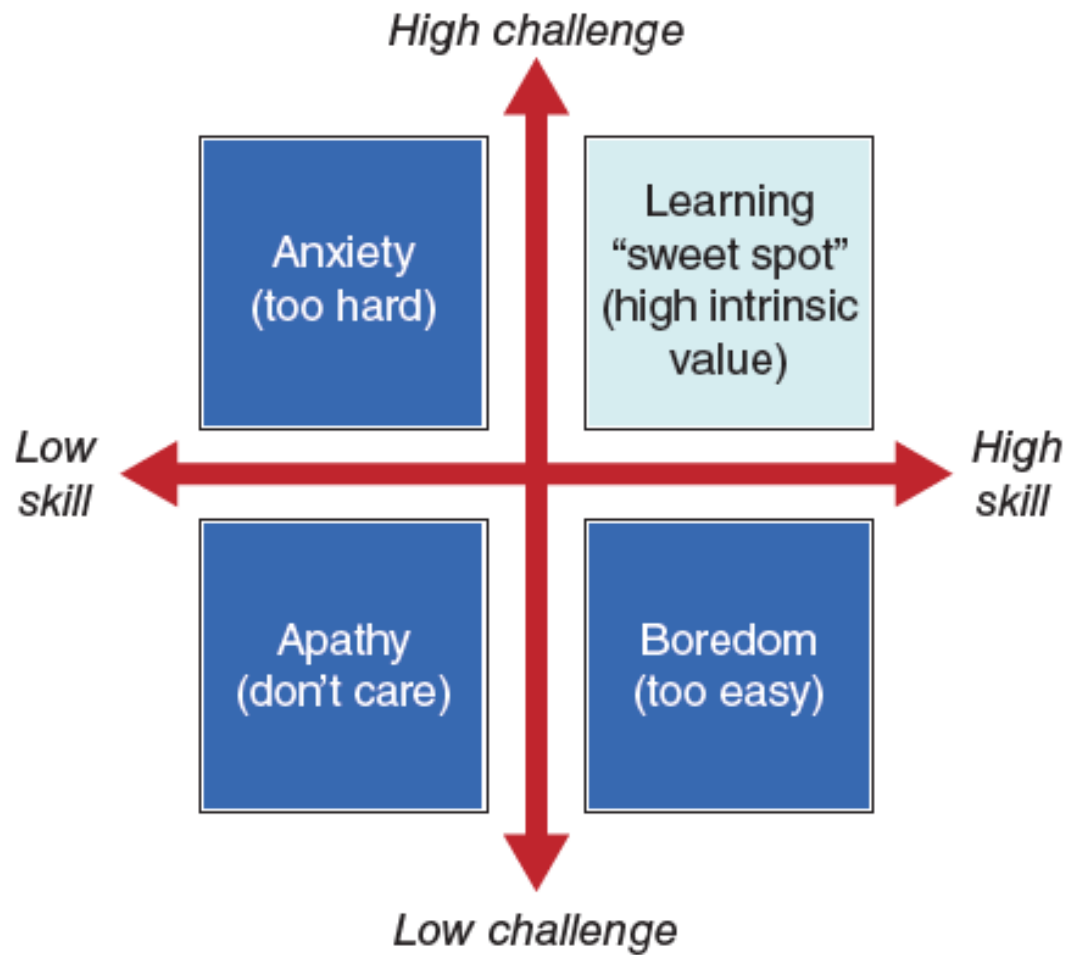
- I have never heard of it.
- I have heard of it but don't know what it is.
- I have some idea of what it is but don't know how or when to use it.
- I have a clear idea of what it is but haven't used it.
- I can explain what it is, and I can demonstrate it.



Motivation Influence

- Challenge-skill balance
- Ask for feedback on difficulty of activities



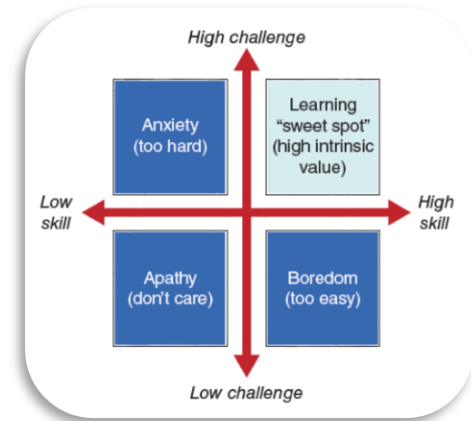


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“High perceived risk, low actual risk”



Video: Athletes Face a Live Bear at Training Camp for Mental Toughn...
At Red Bull's "Performing Under Pressure" camp in Montana, athletes co...
abcnews.go.com

Component Skills



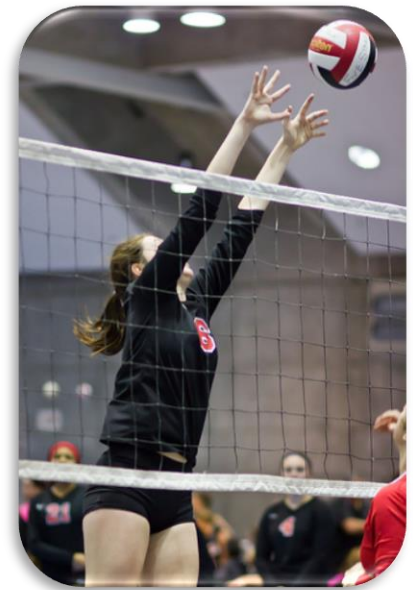
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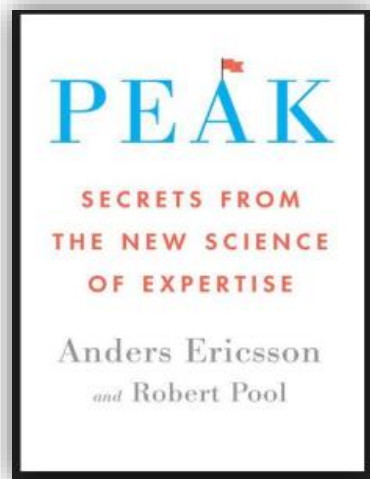
Component Skills

- List and describe pieces
- Walk through before teaching it
- Test on friend or someone from other sport



Deliberate Practice & Feedback

- Identify feedback cues in advance
- ‘Mental representations’ key to learning





Deliberate Practice & Feedback

- Feedback bandwidths



Nondirective

 Pull Helping someone solve his or her own problem	Action plan Use of styles 1 all the time, 10 not at all
Listening to understand	1 2 3 4 5 6 7 8 9 10
Reflecting	1 2 3 4 5 6 7 8 9 10
Paraphrasing	1 2 3 4 5 6 7 8 9 10
Summarizing	1 2 3 4 5 6 7 8 9 10
Asking questions that raise awareness	1 2 3 4 5 6 7 8 9 10
Making suggestions	1 2 3 4 5 6 7 8 9 10
Giving feedback	1 2 3 4 5 6 7 8 9 10
Offering guidance	1 2 3 4 5 6 7 8 9 10
Giving advice	1 2 3 4 5 6 7 8 9 10
Instructing	1 2 3 4 5 6 7 8 9 10
Push Solving someone's problem for them 	

Look at each approach. On a scale of 1 to 10 identify how much you use this approach, with 1 being all the time and 10 being never.



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Practice Design

Maximize skill development while
nurturing athlete motivation



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The Secret To Japan's Little League Success: 10-Hour Practices

By ANTHONY KUHN • AUG 28, 2015

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 VIEW SLIDESHOW 1 of 2

Musashi Fuchu Little League baseball players spend eight to 10 hours a day on weekends practicing on this field on the outskirts of Tokyo. This traditional powerhouse team has won the Little League World Series twice before, in 2013 and 2003, but did not qualify this season.



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Practice Efficiency

Today we only ran 20 plays instead of 80 in weeks gone by. Guys are going to be fresh and ready. But details and speed ought to improve.

A Louisiana lovefest: Coach O Show continues to earn rave reviews as LSU routs Southern Miss



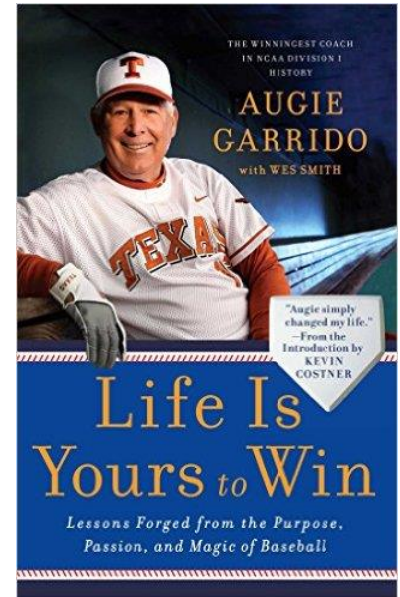
Characteristics of Quality Practices

- Purpose
- Variety
- Competition
- Game-speed



Gamelike Practice Activities

Every major college program today has a teacher-coach at the helm, and they all run practices that are highly organized with competitive segments that mimic game conditions



Gamelike Practice Activities

- Techniques and tactics taught primarily through small-sided games (*'playing form'*)

Scand J Med Sci Sports 2013; 23: 374–382
doi: 10.1111/j.1600-0838.2011.01383.x

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SCANDINAVIAN JOURNAL OF
MEDICINE & SCIENCE
IN SPORTS

An investigation of the practice activities and coaching behaviors of professional top-level youth soccer coaches

M. Partington¹, C. Cushion²

Journal of Sports Sciences, March 2010; 28(5): 483–495

Routledge
Taylor & Francis Group

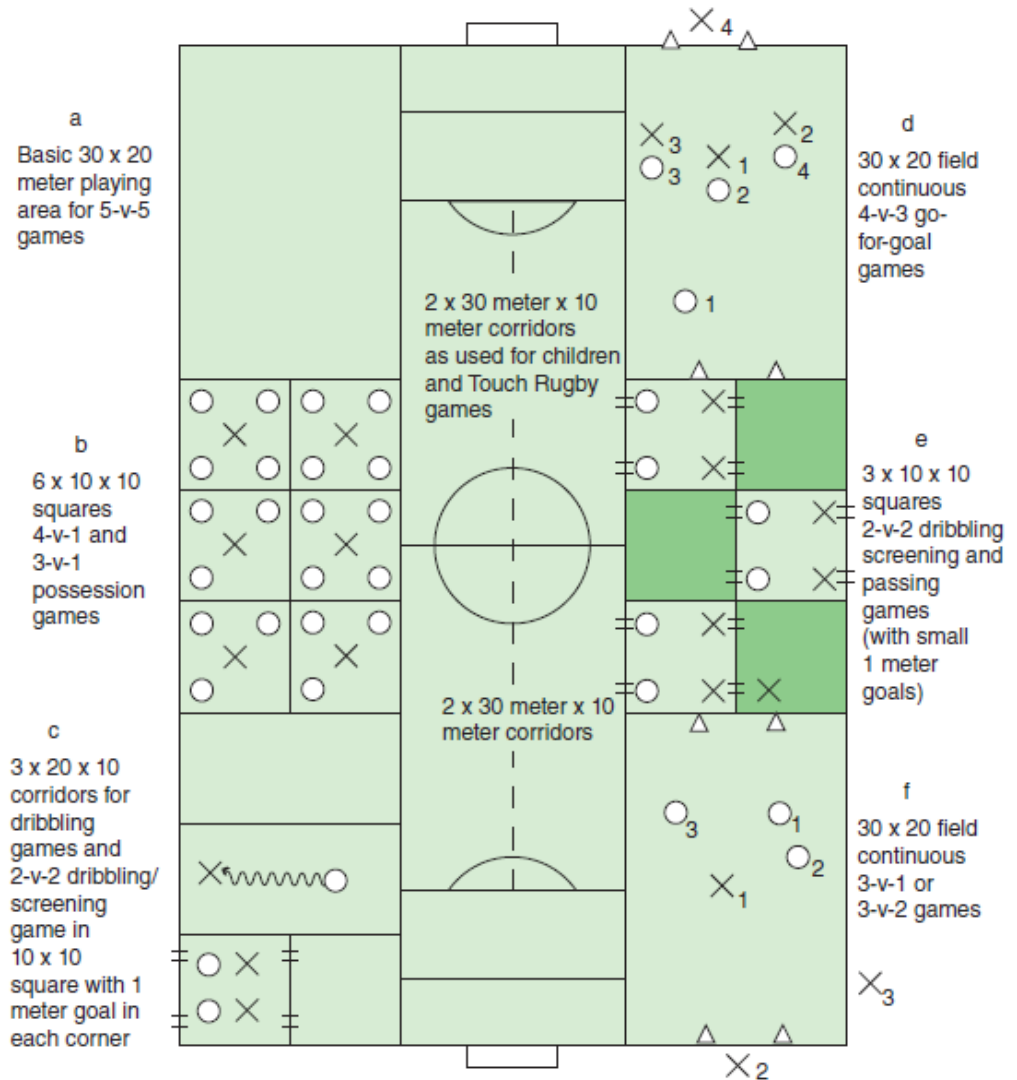
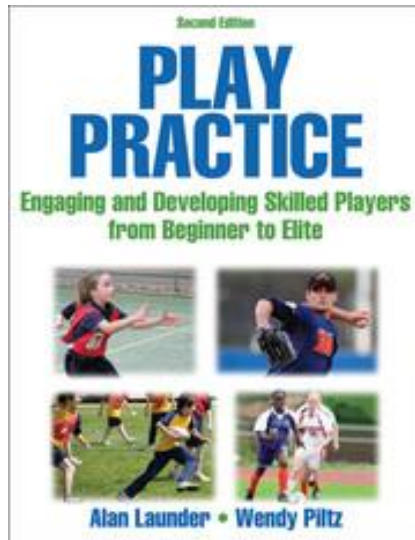
An analysis of practice activities and instructional behaviours used by youth soccer coaches during practice: Exploring the link between science and application

PAUL R. FORD¹, IAN YATES², & A. MARK WILLIAMS^{1,3}



Gamelike Practice Activities

Practice teaching grid



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Competition Coaching

Balancing coach tactical decisions and support with athlete decision-making



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Competition Coaching: 3 E's

Examine

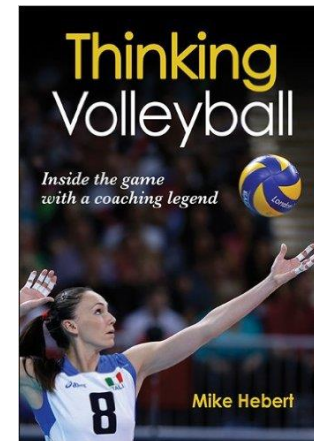
Encourage

Educate



Examine

'Listening to the match'



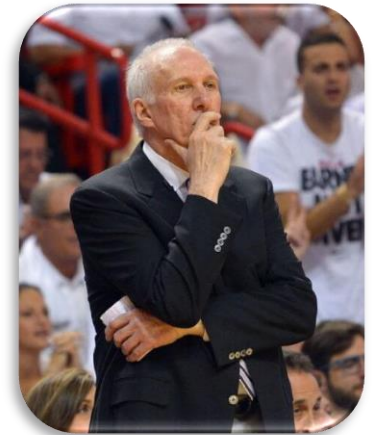
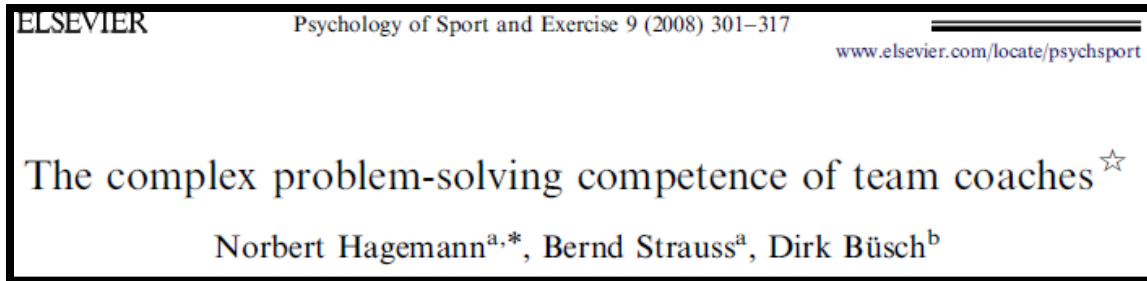
Examine

- Silently observe performance
 - Own athletes and opponent
- Look for:
 - Opportunities to make strategic adjustments
 - Potential signs of athlete fatigue (momentum)



Examine

- Top coaches give 50% fewer comments to athletes during competitions than less successful and less experienced coaches



Encourage



- Regularly give praise for:
 - Successful performance outcome
 - Quality of performance



Encourage

- Genuine praise for quality performance, athletes:
 - Perform better (confidence)
 - Greater enjoyment
 - Rate coaches more effective
 - Raises effort level



Mastery, Autonomy and Transformational Approaches to Coaching: Common Features and Applications

Stewart A. Vella and Dana J. Perlman
University of Wollongong

International Sport Coaching Journal, 2014, 1, 173-179



Educate

- Look for teachable moments
- Quick feedback and reminders (cues)
- Natural breaks when possible



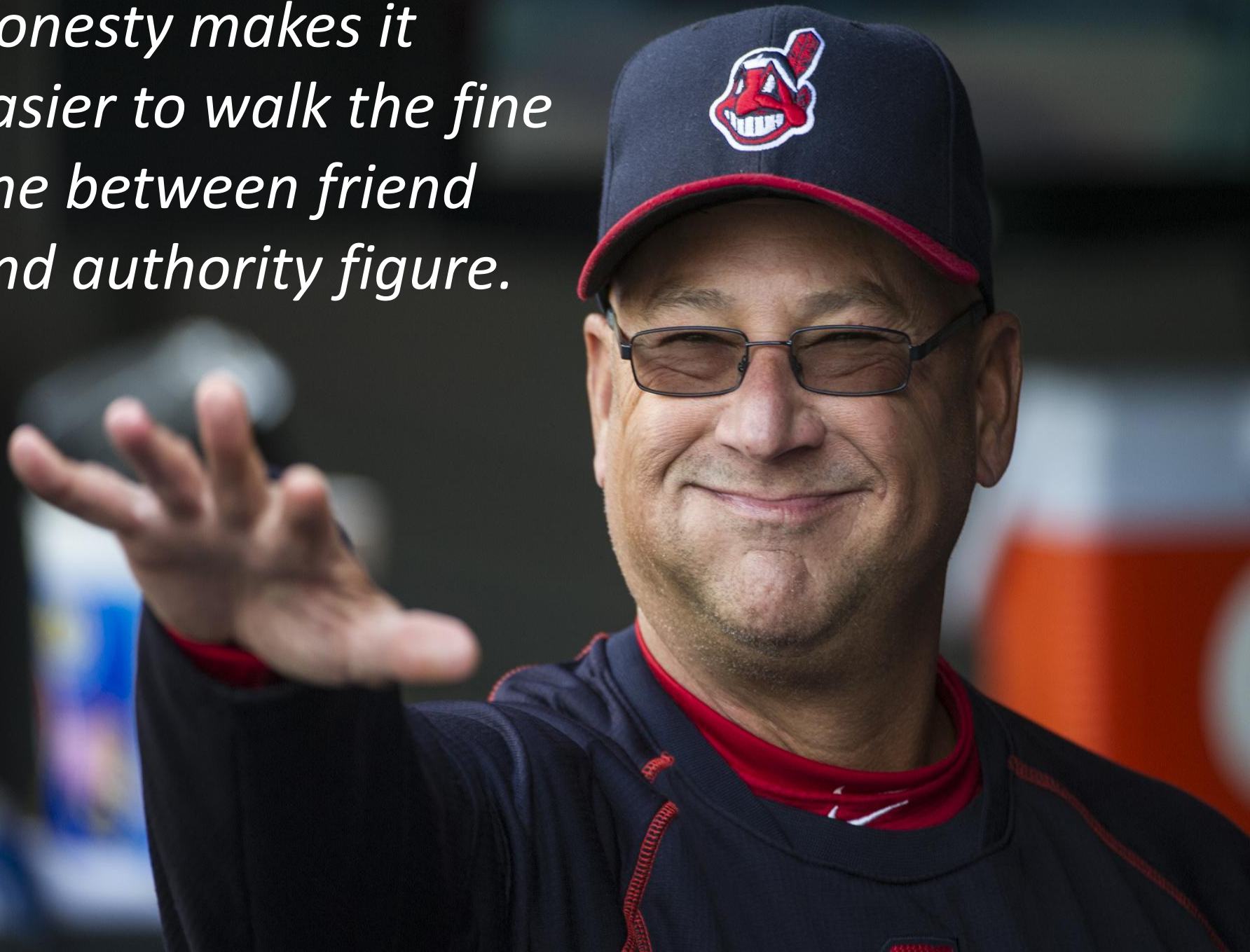
Educate

- Athlete like the rock moving down the ice, coach is like the brush that follows alongside and intervenes (sweeps) only when rock appears to be veering off course



Allen, J., & Ritchie, D. (2015). 'Let them get on with it': Coaches' perceptions of their roles and coaching practices during Olympic and Paralympic Games. *International Sport Coaching Journal*, 2, 108-124.

*Honesty makes it
easier to walk the fine
line between friend
and authority figure.*



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