

The Coach – the Key to Athletes' Success?

A Holistic Ecological Approach to Coaching Philosophy, Long-term Development, and Athlete-Coach Relationship



The agenda for today

TO DO LIST

SUSTAINABLE PERSPECTIVES ON ATHLETE DEVELOPMENT

THE COACH A KEY TO SUCCESS?

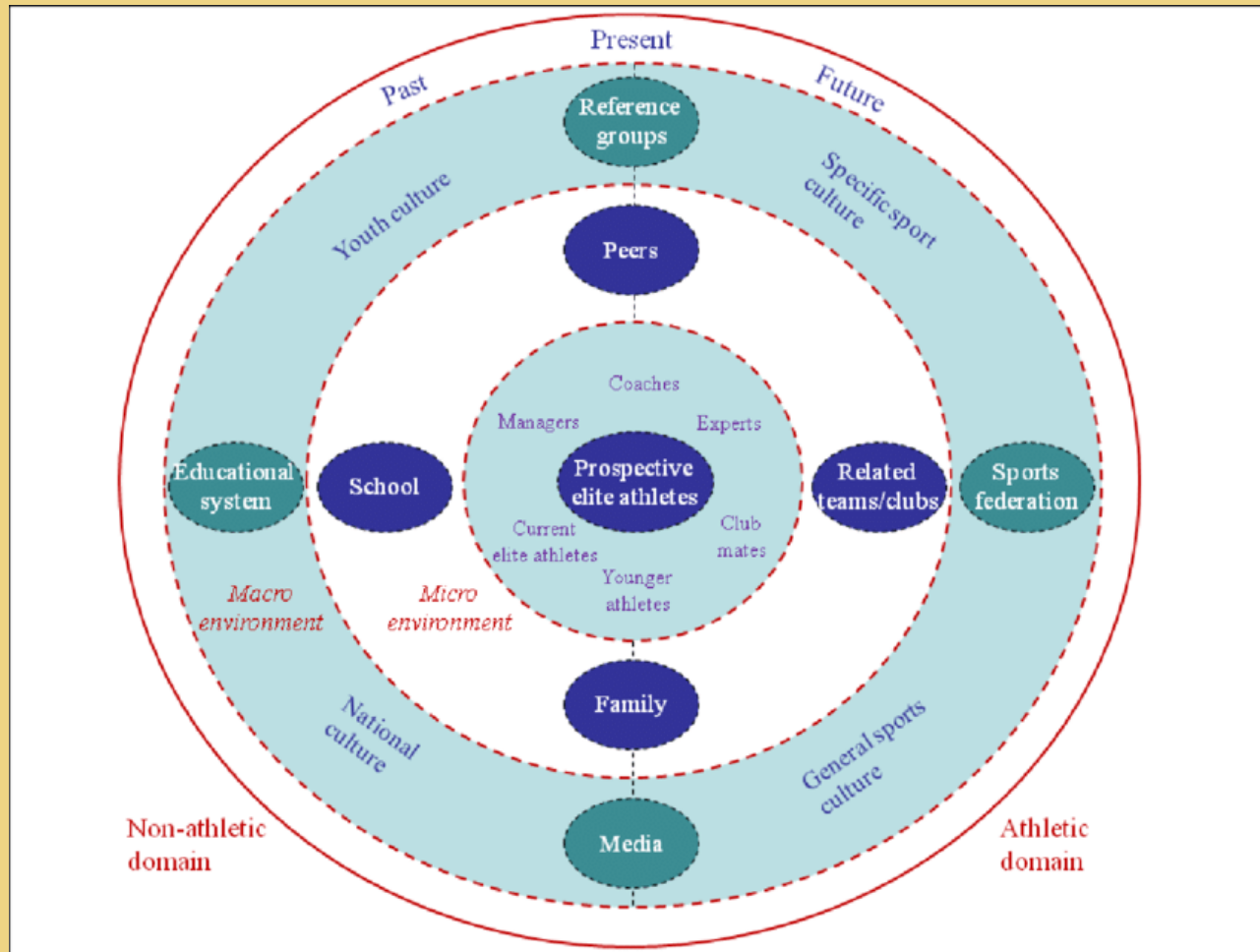
SUCCESSFUL COACH-ATHLETE RELATIONSHIPS

COACHING PHILOSOPHIES LEADING TO ATHLETES' GROWTH MINDSET

REFLECTIONS AND SUMMING UP

**Athlete development
perspective**





The Holistic ecological approach

- Shifts the attention from the individual athlete to the environment in which he or she is embedded including the social relationships (e.g. coach-athlete relationships).
- Suggests that some environments are more successful than others in developing elite level athletes. And **some relationships are more successful than others.**

Influential relationships

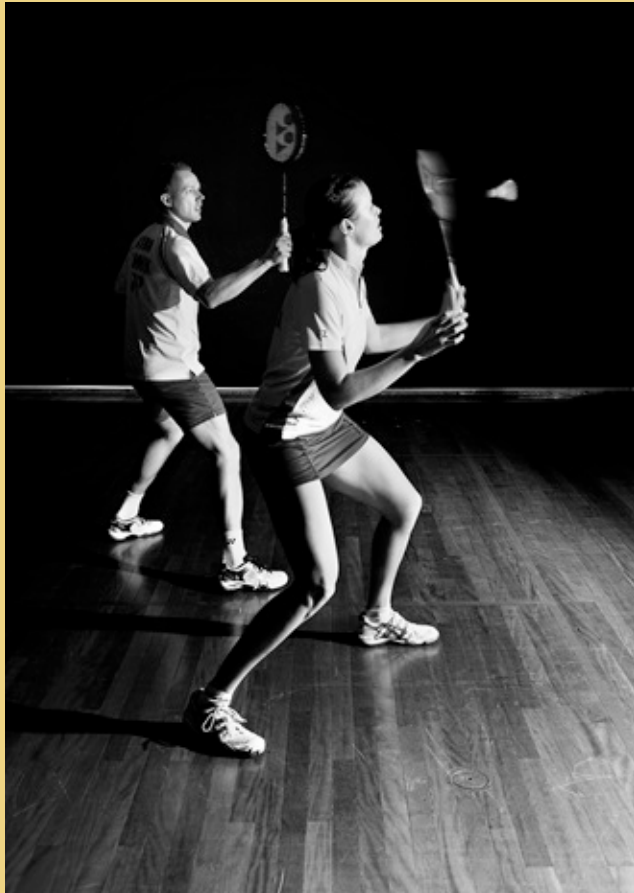


What is a key person?

→ A key person in the athletes' careers is *a person that is important, to a degree where the athletes stated that they probably would not have made it without them.*

Relationships that create opportunities

A story about Johannes and a new national coach



He was the one who paired us for a new men's double; therefore it is obvious to remember him as a key person in my career. Of course it is due to our own effort that we won all these championships, but it requires that someone matches you up.

Relationships that create opportunities

A swimmer's story about her transition to a larger club

I perceived myself as a butterfly swimmer. They needed a breaststroker and the coach believed that I could be transformed. ... Maybe I had an advantage because I had engaged in many different sports beforehand. There is much fine motor coordination in swimming – these head and hands movements are technically demanding.



CREATE OPPORTUNITIES

INITIATE A SHIFT OR A TRANSITION

SHORT-LIVED

SIGNIFICANT FOR THE CAREER DIRECTION

COACH WITH HIGH LEGITIMITY



RELATIONSHIPS THAT CREATE MEANING

The story about Michelle and her elite coach



She has a significant influence on my way of approaching things in life and on my way of thinking in training and competition. She taught me how to get the best out of every situation. She has made a great difference in the way that I have developed as sailor.

RELATIONSHIPS THAT CREATE MEANING

The story about a golf player and her elite coach



My coach had a really strong empathy, and we could talk about all issues including mental ones. He asked about what happened in my life in general and exhibited a great sense of understanding if I felt pressured in school or in my private life. He knew these things.



CREATE MEANING

CONTINUITY ACROSS SPHERES OR LIFE STAGES

LONG-LIVED AND DEEP

SIGNIFICANT TO THE IDENTITY
EXISTENTIAL SIGNIFICANCE
DEVELOP THE ATHLETE'S VALUES IN SPORT
AND LIFE

VARIOUS PEOPLE

TWO TYPES OF KEY RELATIONSHIPS

CREATE OPPORTUNITIES

CREATE MEANING

INITIATE A SHIFT OR A TRANSITION

CONTINUITY ACROSS SPHERES OR LIFE STAGES

SHORT-LIVED

LONG-LIVED AND DEEP

SIGNIFICANT FOR THE CAREER DIRECTION

SIGNIFICANT TO THE IDENTITY
EXISTENTIAL SIGNIFICANCE
DEVELOP THE ATHLETE'S VALUES IN SPORT
AND LIFE

COACH WITH HIGH LEGITIMITY

VARIOUS PEOPLE

Coach-athlete relationship

a coach's and an athlete's cognitions, feelings and behaviors are mutually and causally interrelated





The successful coach-athlete relationship

3C+1C

Closeness

Commitment

Complementary

Co-orientation

The emotional element of the successful relation:

- Trust
- Respect
- Valueable

3C+1C
Closeness
Commitment
Complementary
Co-orientation

The cognitive element of the successful relation:

→ Dedicated towards a
common goal

3C+1C

Closeness

Commitment

Complementary

Co-orientation

The collaborative element of the successful relation:

- Mutual trust
- Mutual responsibility
- Coordination

3C+1C

Closeness

Commitment

Complementary

Co-orientation

The empathic element of the successful relation:

- The degree of mutual understanding
- The higher co-orientation the better relationship

3C+1C

Closeness

Commitment

Complementary

Co-orientation

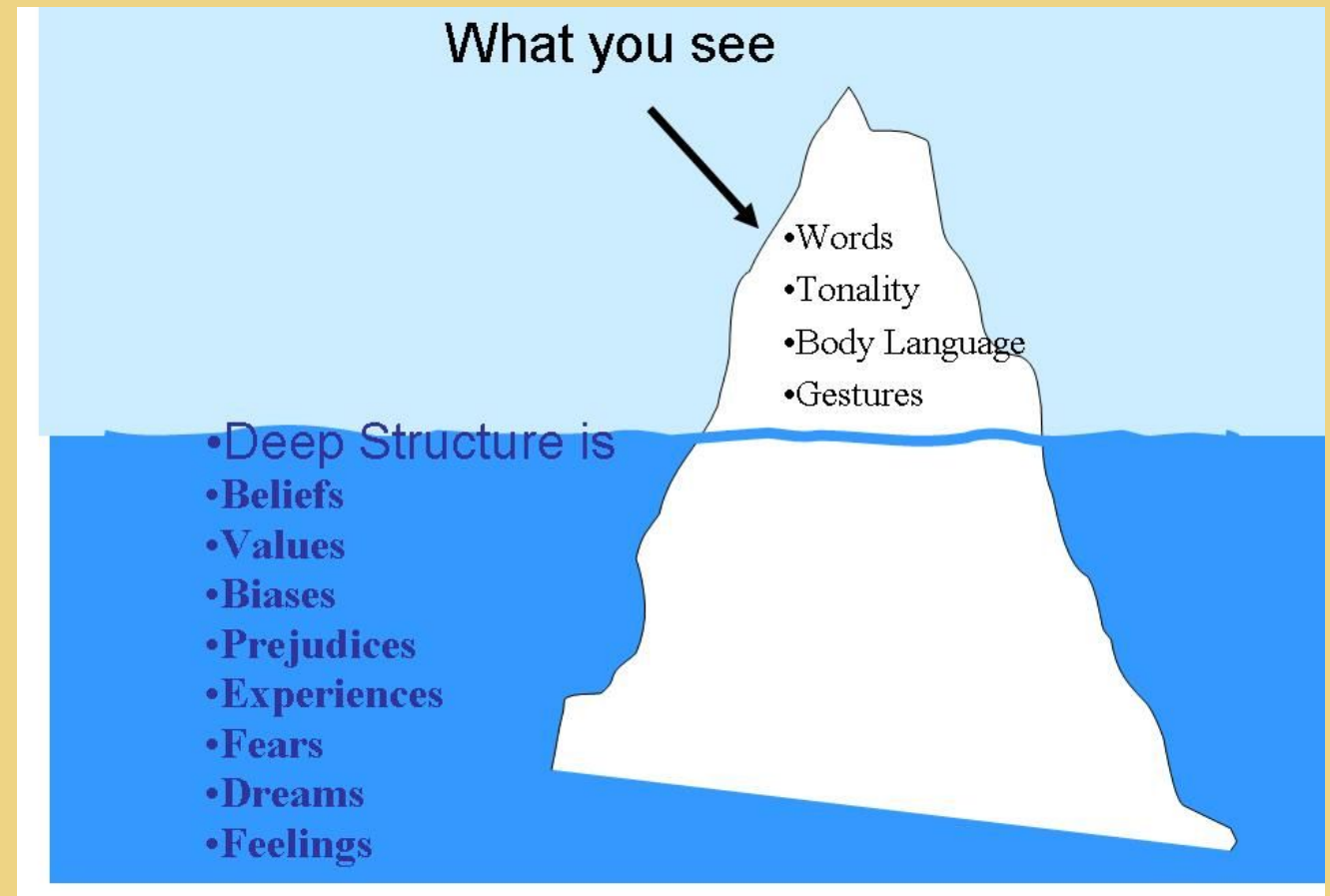
What to do in practice? And how can we use the knowledge?

- develop self-awareness and a coaching philosophy
- Build trusting relationships with athletes



Why develop a coaching philosophy?

- It **shapes how you relate** to the athletes and then how the athletes develop and perform
- It gives **directions** to – the choices you make? The way you acknowledge etc.
- It defines the **interpretation** of situations – how to understand a defeat? What is the meaning of what happens?
- Gives you **fundamental answers** to the questions – what, how and why?



What is a coaching philosophy

...a set of beliefs that dictate the way we view experiences in our lives; it's **the way we perceive people and our relationships with them!**



Example: Does it matter how you think of talent as a coach?

YES!

Talent is something you're born with!"

- Skills reflect innate abilities
- Making mistakes means you are less talented
- Giving up in challenging situations/negative feedback
- Go for challenges you know you will succeed in

"Talent is something you develop!"

- Skills are acquired (if you don't have it yet, you can learn)
- Making mistakes is a learning opportunity
- Challenges are met with courage and effort
- Go for challenges where you can learn and develop (taking risks)



”Personal excellence – the foundation for success!”

→ This philosophy emphasizes that **striving to learn and improve should be coaches’ and athletes’ highest priority**, with winning as a natural by-product of this enhanced personal development

THREE STEPS TOWARDS A SUSTAINABLE COACHING PHILOSOPHY



Become aware of what you believe in
(long-term development, empathy, empowerment of athletes etc)

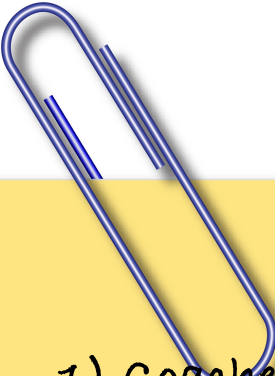


Describe your self as a coach, what do you prioritise and how do you behave? How do you relate to athletes?



Ask a colleague to describe how they see you as a coach

Take home messages

- 
- 1) Coaches and athletes should be open about feelings and attitudes, and develop a social element in their relationship
 - 2) Spent time together off the court and have conversations beyond training and sport
 - 3) Use feedback as a natural part of everyday life
 - 4) Develop a coaching philosophy for you to develop self-awareness and 'a guide' – the athletes will benefit!

