

Ninety percent of it is  
half mental, the other  
part is physical.



# Today's takeaways

- Fullan curve
- Boys versus girls.
- Goal Setting
- Relaxation techniques
- Postive mental imagery
- Building athletic confidence through your actions and activities as a coach on a day today basis.

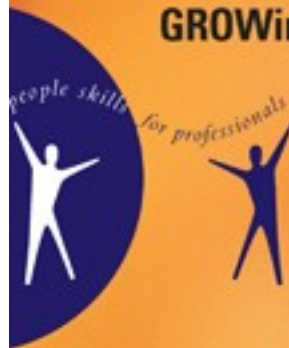
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**John Whitmore**

# COACHING for PERFORMANCE

**GROWing human potential and purpose**

**The principles and practice of  
coaching and leadership**



**FOURTH EDITION**



# MIND GYM

AN ATHLETE'S GUIDE TO  
INNER EXCELLENCE

GARY MACK WITH DAVID CASSTEVENS  
FOREWORD BY ALEX RODRIGUEZ



# **The Psychology Of High-Performance Track And Field**

*Edited by Ralph A. Vernacchia and Tracy A. Staffer*

# Coaching Mental Excellence

*It DOES matter  
whether you  
win or lose*

Ralph Vernacchia, Ph.D.  
Rick McGuire, Ph.D.  
David Cook, Ph.D.

# Some of our mental highs...

- Kevin Dolezal at state meet, '92, 52-1.5, 5th
- Abby Emanuel discus at EHC frosh meet
- Deanna Dirkschneider, 42-9, school record
- Samantha Dolezal, state champ, 2011
- Samantha Dirkschneider, school record, double medalist as a freshman
- Jamie Spath power throws the school record, 130-6 breaking a two week old school record



# Some of our mental lows...

- Willie Heimbecher, EHC discus, freshmen year
- Jamie Spath, Megan Jensen, state meet
- Samantha Dolezal, 2012 discus
- Jaime and Deanna and choices
- A shared story from my hiatus years. Travis Mattox, state discus
- C-4 District boy's discus, 2012, 5 for 5!

# If you haven't noticed, they're not the same!

- Males suppress emotion
- Males throw up barriers which may need to be broken down.
- Extra effort needed to reach guys.
- Emphasize performance goals more with males
- Females express emotion
- Girls value the relationship with the coach
- Girls aim to please the coach.
  - Have a tendency to overwork as a result
- Work to remove expectation pressure from the ladies.

# But they are the same...

- More similarities than differences
- Treat each athlete as an individual.
- Be aware both sexes are hard to read sometimes.
- Listening is different than hearing—you listen with your heart!
- Both are capable of similar physical expectations.

# Success

NEXT EXIT



# What is it?

SUCCESS = ability + preparation + effort + will

# Samantha's Jihads

She will throw as far as she has to to beat an internally named opponent.

A freshmen throwing 43-1

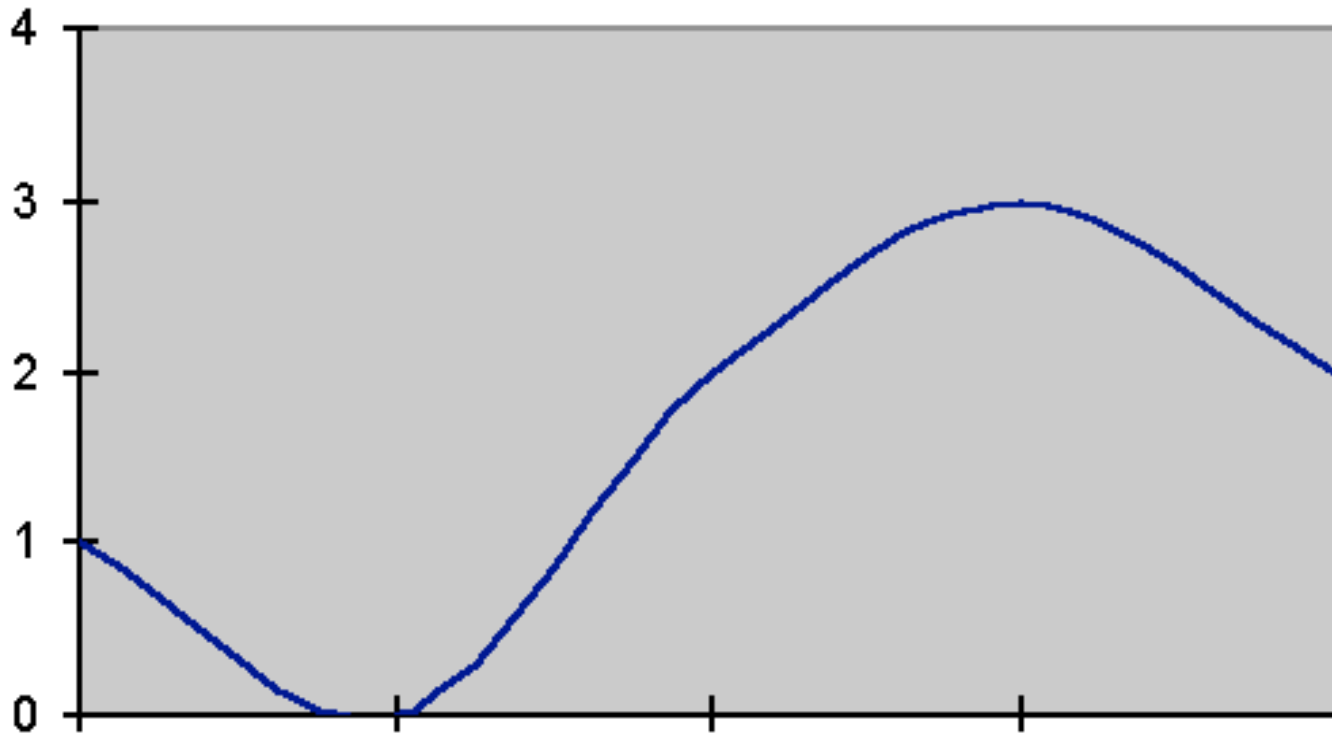
**“Stuff” happens!**

Eli and Sam II



Perhaps the most important thing you can share with your kids.

## The Fullan Curve



# Preparation

The part of the success equation we can really influence as coaches.

# Preparation Components

- Strength
- Footwork
- Neurology—practice makes permanent not perfect! ( $1 - 1 = 0$ ) (Why you need to supervise practice.)
- Technique
- Overall body quickness
- Mental readiness

You can't hit a target you can't see!



# Goal setting

1. Half of reaching a goal is writing it down!
2. Set short, midseason and season-end goals.
3. Create a time in practice where this is part of your schedule but give them a day or two warning.
4. Coach them about ways they can achieve their goals.
5. Private or not???
6. Seal them and revisit at mid-season

Progress! 120-4 to 147-8!

# From “Coaching Mental Excellence”

1. Goals should focus on process not outcome.
2. Set goals you can control. (Might not win every meet!)
3. Be realistic.
4. Make them flexible so you can update them.
5. End of season goals match early and mid-.
6. Don't limit the goal setting to track goals!



# PERFECTION

Once you Achieve it, It looks Beautiful





You can be perfect in your head.

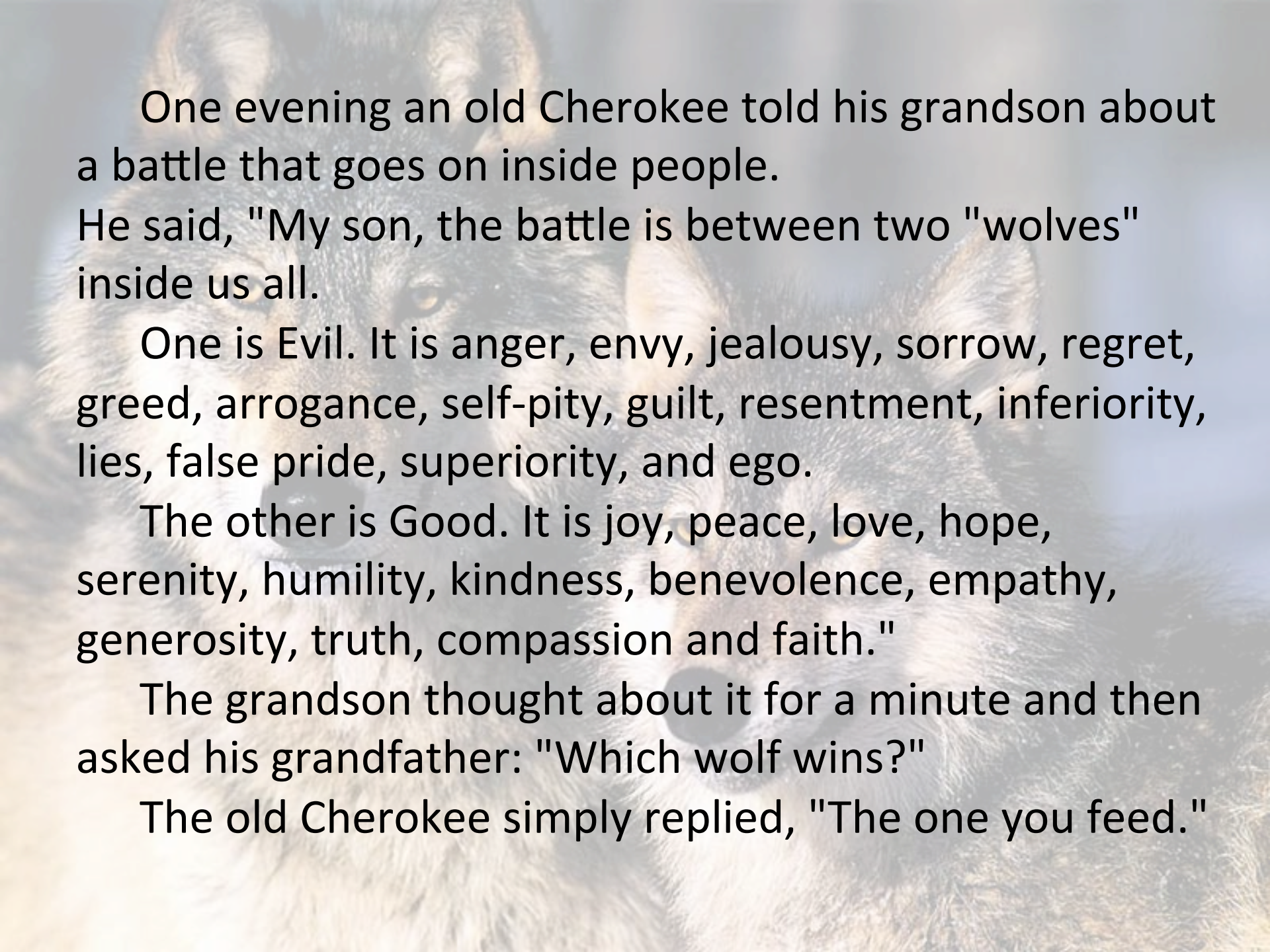
# MENTAL IMAGERY

“Many coaches and athletes utilize training programs that are 90% physical and 10% mental(at best). The problem is that in big meets the 90% physical is controlled by the 10% mental!”

Gordon and Reardon in “Psyched to Throw Far”,  
The Psychology of High Performance Track and Field

Motivation comes from the Latin word for “to move”.

Unfortunately, our bodies listen to our negative thoughts as well as our positive ones.



One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

Voices

voices

voices

voices

v o i c e s

voices



## Our scripts for the throws

You will need to develop your own based upon your coaching keys.

It may take a few attempts to get it as you want it.

We will rehearse ours as a model.



# The bottom line \_\_\_\_\_

- You need to practice mental preparation on a regular basis.
- Could be directed by you as a coach
- Or, make it individual as a part of practice.  
“Your conditioning tonight---10 perfect mental throws in each event.”

R-E-L-A-X





His choice of pregame reading?



This may be unethical but I am  
going to share an opponent's  
super secret relaxation strategy.

Aquinas's super secret strategy

# How can you help your athletes?

“Essentially, the technique involves placing individuals in a comfortable position and then helping them to gain an awareness of the muscular tension in their bodies or in various body parts.”

Cratty, Psychology in Contemporary Sport

Are you ready

- To R-E-L-A-X?

# YOU BUILD PROFICIENCY EVERY DAY!

- Provide a daily “pump”. Collect and use inspirational quotes.
- Keep a registry of PBs and share them often.
- Record meet results as accurately as possible.
- Use coach “tricks”
  - Don’t win the warmups!
  - Sam’s sticky shoe.
  - Just win your flight.
- Have kids stay for finals.

# My Excel Spreadsheet for PBs and meets

Shot		2011 PBs	Throw-offs, 3	Concordia(3-)	Scotus(3-27)
Dirkschneider, Sam	b	35-4	35-4.5	38-3.5(1st)	40-8.5
Dolezal, Luke	b	39-10	40-5.75	38-9	40-2
Dolezal, Samantha	g	37-5	38-2.25	38-1.5 (3rd)	38-4
Dolezal, Trent	g	nm	32-1.5		
Flamme, Olivia	b	27-0	dnc		
Hansen, Allison	g	?	24-11.5	24-1.5	25-5.5
Holub, Daniel	g	27-2.5	28-7.25		
Kreikemeier, Jared	b	42-9	40-11	45-9(1st)	42-10
Muessigman, Alex	b	27-5	33-0		
Orellana, Nelson	b	34-8.5	36-1.25	37-0.5	37--6
Vyhlidal, Broc	g	36-5	34-6.5		35-0.25
Witt, Sivana	b	nm	24-11.5		26-8.5
Stump, Morgan	g	27-8			

# Current ranking sheet

## **Current Standings after Tiger-Cadet, 4-3-2012**

### Boy's shot put

1. Jared Kreikemeier- 45-9
2. Nelson Orellana-40-6
3. Luke Dolezal-40-5.75
4. Broc Vyhlidal-35-0.25
5. Alex Muessigman-33-0
6. Trent Dolezal—32-1.5
7. Daniel Holub—28-7.25



# Celebrate success!

## *Throwers' Workout*

Practice 39 Date

April 30, 2012

**Congrats to conference champs Jared Kreikemeier, Sam Dolezal and Sam Dirkschneider! To silver medalists Nelson Orellana, Big and Little Sams and Jared Kreikemeier. And to Luke Dolezal for a 4<sup>th</sup> and a 6<sup>th</sup> and Livi for making finals! PBs registered by Luke Dolezal in shot, Sam Dolezal in shot, Sam Dirkschneider in the discus, Jared Kreikemeier in the discus and Nelson Orellana in the discus. Season bests by Luke and Livi in discus. Nice job crew! You either maintained your seeded position or moved up!**

# Make it fun.

- T-shirts
- Traditions—Morse Bluff hill run
- “Shoticus” challenge
  - Create an obstacle course on your facility
  - E.g.—between the tree, “Ski” the discus the length of the practice football field, 10 shotputs over the goal post, discus over/under the goal post, throw five power throws from ring, etc., etc.

# We have three track teams....

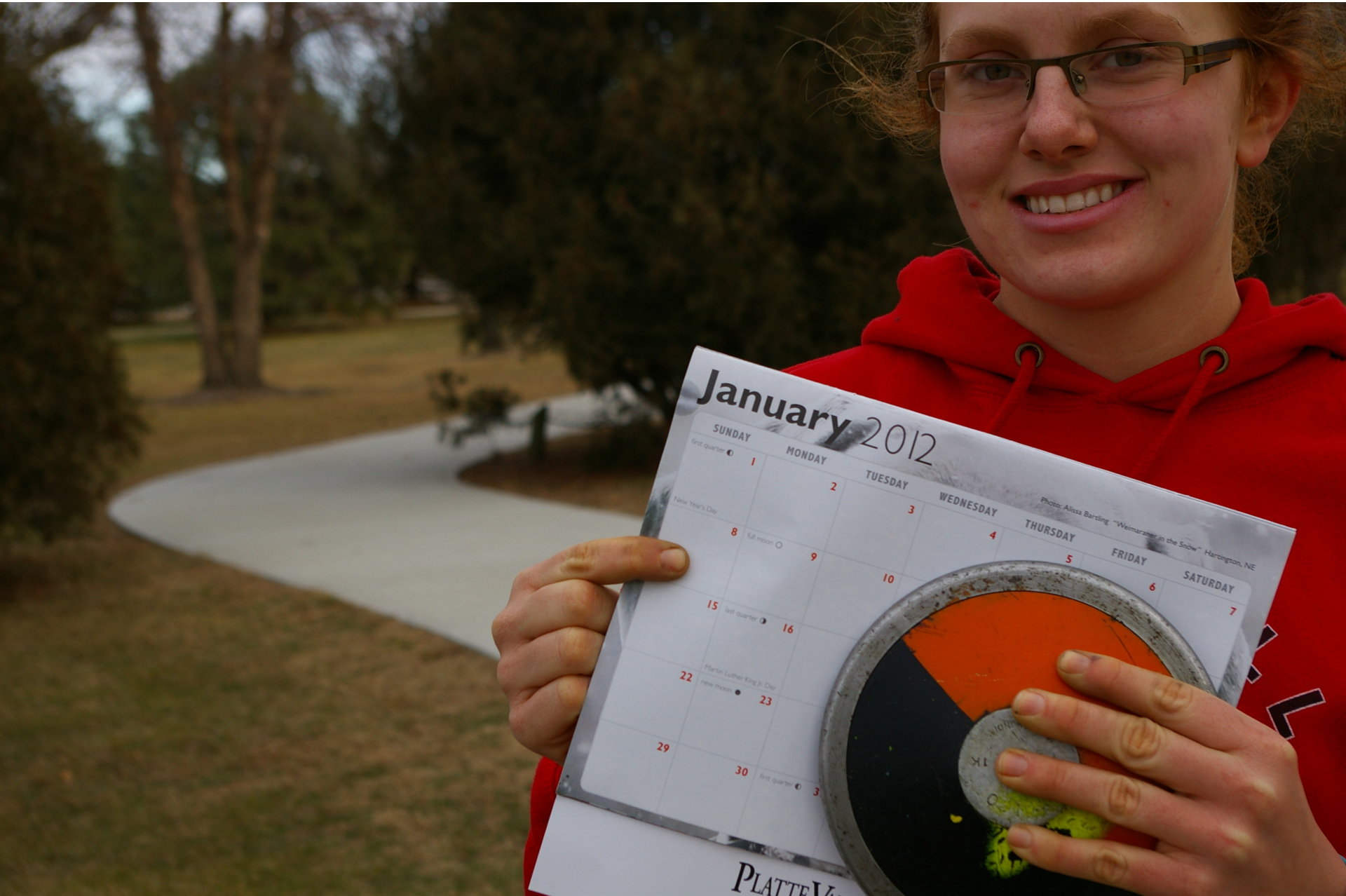
- “Mr. Feurer, we have three track teams...a boy’s team, a girl’s team and throwers.”

If you are really lucky.....









# January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 first quarter ☾	2	3	4	5	6	7
8 New Year's Day full moon ☽	9	10	11	12	13	14
15 last quarter ☾	16	17	18	19	20	21
22 Martin Luther King Jr. Day new moon ●	23	24	25	26	27	28
29	30 first quarter ☾	31	1	2	3	4

Photo: Alissa Bardling "Wormholes in the Snow" Harrington, NE

PLATTE VALLEY





***Front***



***Back***



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