



Athlete Centered Coaching



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Agenda

- Welcome & Introductions
- Know your Athletes/Teams
- Talking to your Athletes
- Long Term Athlete Development
- Goal Setting
- Supporting Athlete Success
- Maximize Athlete Opportunity



Who We Are



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Know Your Athlete/Team

Talking to your athletes...

- Goal Setting
 - Personal vs. Team Goals
- Expectations
 - Upcoming Season
 - Team Code of Conduct
 - Team/Athlete Buy-in
- Additional Training
 - Appropriate Cross-Training





Goal Setting

Discovery	Active for Life	Sport Excellence
I want to try a new sport	I want to stay active	I want to win
I want to have fun with my friends	I want to be out and part of a/my community	I want to train and improve in my sport
I want to learn new skills	I want to share my love of sport with others	I want to go to Games
I want to challenge myself	I want to challenge myself	I want to challenge myself
I want to compete	I want to compete	I want to compete

Supporting Athlete Success

	Discovery	Active for Life	Sport Excellence
Training Requirements	Once per week; progressive learning	Once per week; focus on fun & fitness	Mutiple times per week – potential for cross-training
Training Emphasis	Making social connections while learning new skills	Social connections & friendly competition	Skill development & competition readiness
Appropriate Competition	In-Club Meets, Time Trials, Home & Home	Invitationals and possibly Provincial Qualifiers	Provincial Qualifiers & Major Games
Event Selection	Events that excite and challenge the athlete	Events the athlete enjoys most	Events that align with advancement goals
Competition Requirements	Modified or Adaptive Competition	Full competition experience with non-performance goals	Full competition experience with official rule enforcement
Competition Emphasis	FUN! Learning the competition environment	FUN! Social connections & ancillary experiences	FUN! Performance based goals and outcomes

What makes playing (team) sports fun...

#1 Trying hard

- Trying your best
- Working hard
- Exercising and being active
- Getting/staying in shape
- Playing well during a game
- Being strong and confident
- Competing
- Making a good play by scoring, making a big save, etc.
- Setting and achieving goals
- Playing hard

#2 Positive team dynamics

- Playing well together as a team
- Supporting my teammates
- When players show good sportsmanship
- Being supported by my teammates
- Getting help from teammates
- Warming up and stretching as a team

#3 Positive coaching

- When a coach treats players with respect
- A coach who knows a lot about the sport
- Having a coach who is a positive role model
- When a coach encourages the team
- Getting clear, consistent communication from coaches
- A coach who listens and considers players' opinions
- A coach who allows mistakes, while staying positive
- A coach who you can talk to easily
- A nice, friendly coach
- Getting compliments from coaches
- When a coach participates with players during practice
- When a coach jokes around

#4 Learning and improving

- Being challenged to improve and get better at your sport
- Learning from mistakes
- Improving athletic skills to play at the next level
- Ball touches, including dribbling, passing, shooting, etc.
- Learning new skills
- Using skills learned in practice during a game
- Playing different positions
- Going to sports camp
- Copying moves and tricks that professional athletes do

#5 Games

- Getting playing time
- Playing your favorite position
- Playing against an evenly matched team
- Being known by others for your sport skills
- Playing on a nice field
- Playing in tournaments

#6 Practice

- Having well-organized practices
- Taking water breaks during practice
- Having the freedom to play creatively
- Doing lots of different drills and activities during practice
- Scrimmaging during practice
- Partner and small group drills
- Practicing with specialty trainers/coaches

#7 Team friendships

- Getting along with your teammates
- Being around your friends
- Having a group of friends outside of school
- Hanging out with teammates outside of practice or games
- Being part of the same team year after year
- Meeting new people
- Talking and goofing off with teammates

#8 Mental bonuses

- Keeping a positive attitude
- Winning
- It relieves stress
- Ignoring the score

#9 Game time support

- A ref who makes consistent calls
- Parents show good sportsmanship by being encouraging
- Being congratulated for playing well
- Having people cheer at the game
- Having your parent(s) watch your games
- Getting complimented by other parents

#10 Team rituals

- Showing team spirit with gear, ribbons, signs, etc.
- High-fiving, fist-bumping, hugging
- End-of-season/team parties
- Going out to eat as a team
- Doing team rituals
- Carpooling with teammates to practices and games
- Doing a cool team cheer

#11 Swag

- Having nice sports gear and equipment
- Earning medals or trophies
- Traveling to new places to play
- Wearing a special, cool uniform
- Eating snacks/treats after the game
- Staying in hotels for games/tournaments
- Getting pictures taken

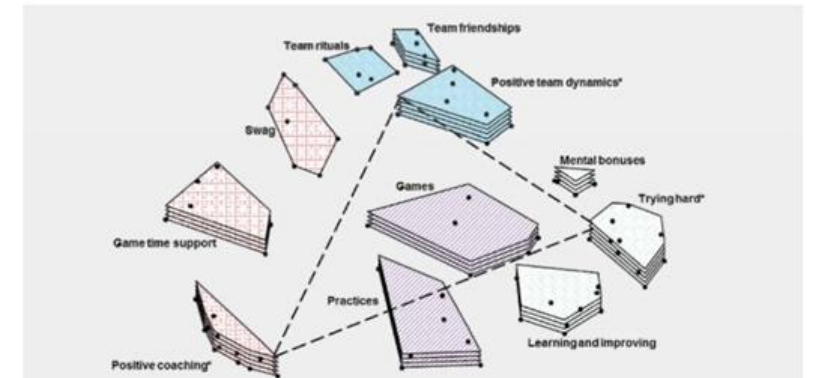


Figure 1, FUN MAPS. Point, cluster, & rating maps overlaid illustrate U9-U19 players' conception of fun determinants; see seminal study by Visek et al. 2015.

Note. Points on Figure 1 correspond to the fun determinants bulleted within infographic & are listed in relative order of importance to having fun. Infographic informed from series of studies by Visek et al., 2015, 2020, & 2022.

...player-centered athletic development.

Maximize Athlete Opportunity

- Appropriate Participation
 - Event/Level Selection
 - Plan for improvement
- Reviewing your entire program
 - Roster Impact
 - Participation Implications
 - Program Integration
 - Coach Assignment
- Coach Training & Development
 - Every athlete deserves a certified coach!
 - Look for opportunities to build your Coaching Tool Box
- Rules & Policies
 - Your knowledge and understanding directly impacts your athletes

SOC Competition Coach Course

- Virtual

- November
- February
- March
- April
- May

- In-Person

- Greater Durham
- London
- Milton
- Orillia
- Sudbury



Thank you!

Questions?
Reach out to us!

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