

GAA GAMES DEVELOPMENT CONFERENCE





Becoming a Better Coach

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*When one person teaches,
two people learn*

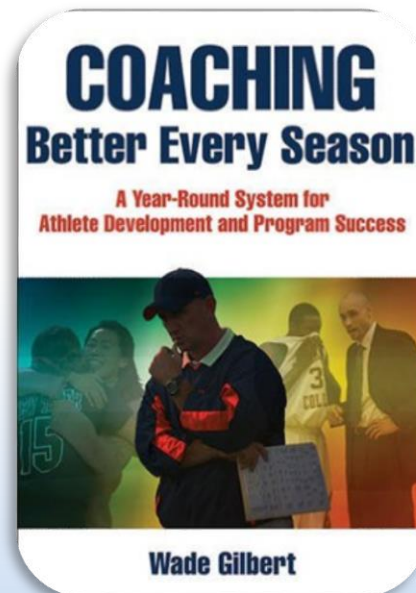
Thank you Pat Daly, Peter Horgan, coaches!

What is better?

Start with the end in mind...

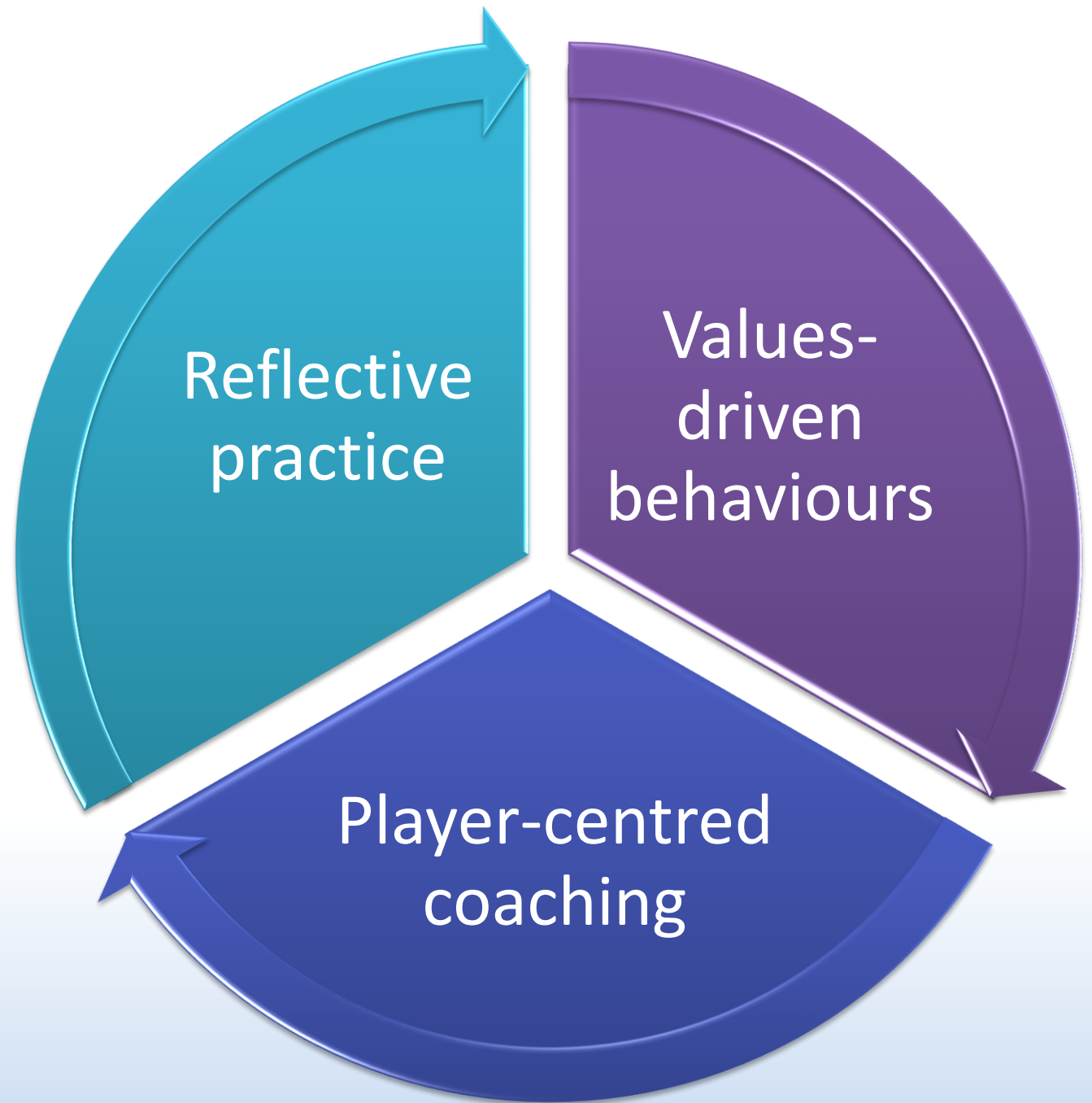


COACH¹⁰
power of ten

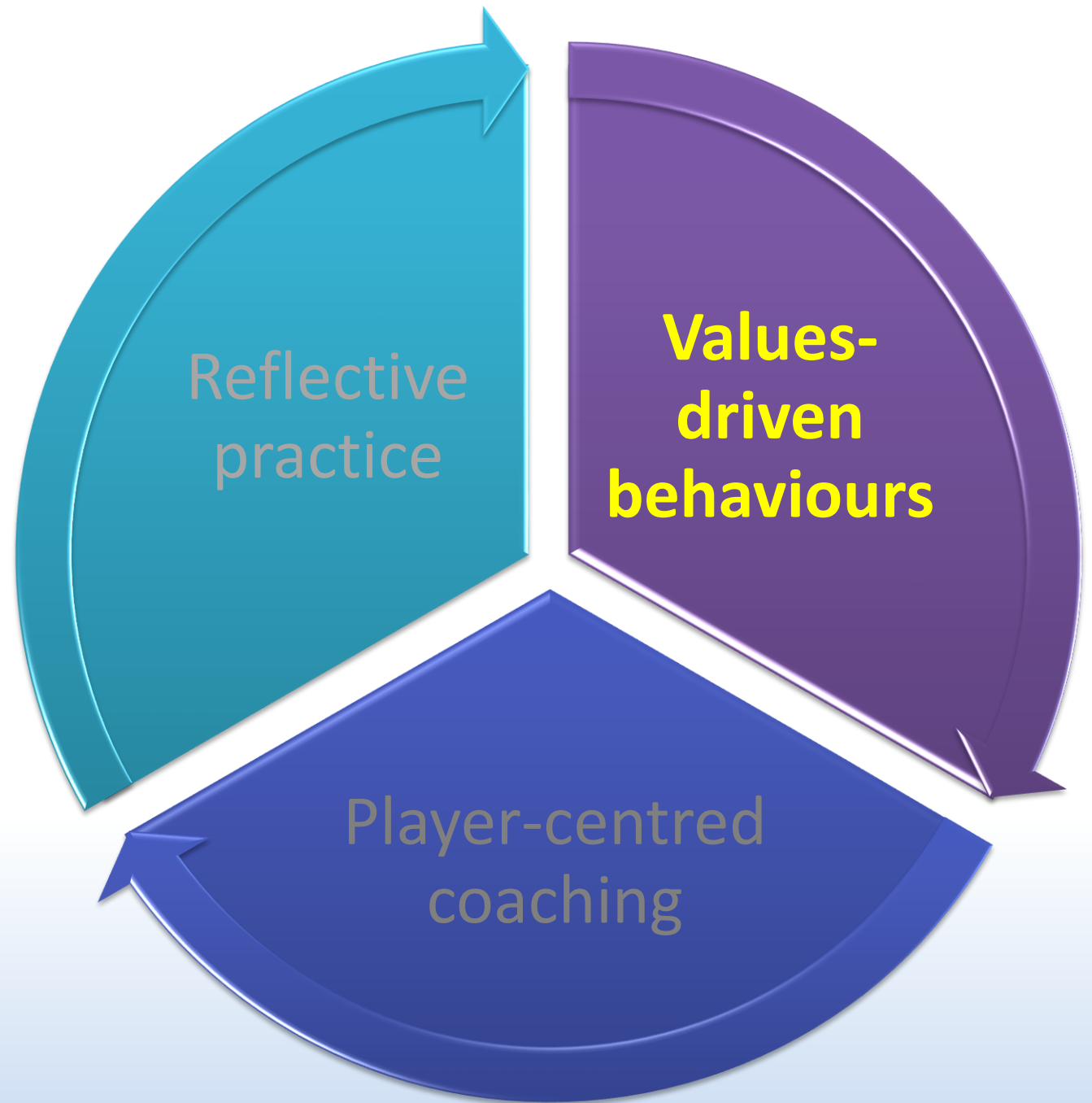




Becoming a Better Coach



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Values-Driven Behaviour

BETTER LEARNERS MAKE BETTER PEOPLE AND PARTICIPANTS
AND VALUES OPTIMISE POTENTIAL



*Coach
people
first, sport
second*

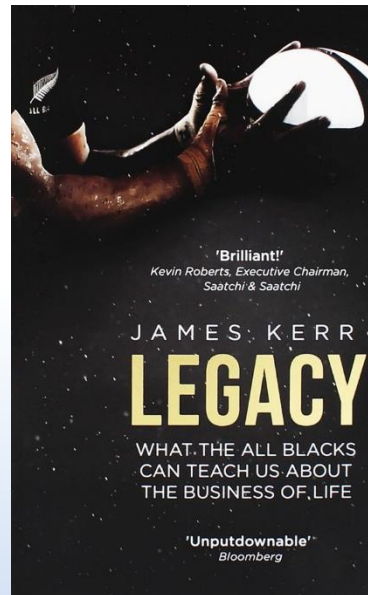




I'm not coaching golfers; I'm coaching human beings who deal with love and hate and fear and all those different aspects in the emotional arena. If you look at them as just a golfer, you're missing out.

(Sean Foley, professional golf coach – Tiger Woods, Justin Rose,...)

*Better people
make better
All Blacks*



Core Values

✓ Humility

(be vulnerable)

✓ Collective accountability

(no rules, lots of expectations)

✓ Trust

(do your job)





"DO YOUR JOB."

— BILL BELICHICK



*What do values look like in
action on a daily basis?*

Standards of Behaviour

Behaviour Standards

Describe what you think 'right' looks like. Also describe what you think 'right' does not look like.



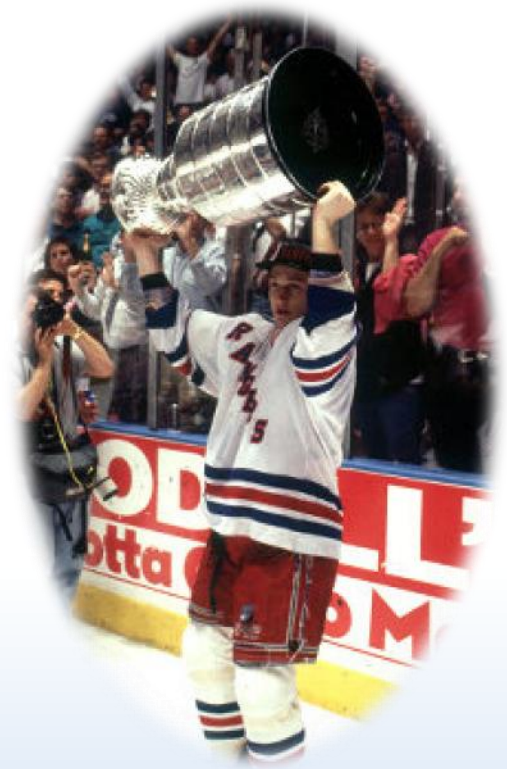
Pim, R. (2016). Values-based sport programs and their impact on team success: The competitive sport model at the United States Military Academy. *International Sport Coaching Journal*, 3(3).



Behaviour Standards

How you enter dressing room

- With enthusiasm
- Greet each teammate



Behaviour Standards

How you exit dressing room

- Rituals, routines, VALUES reminders

Play Like a Champion Today




Behaviour Standards

The Green Dot

One of the most common things that athletes struggle with is “playing free.” (Especially when the stakes are high.) See how Becky Burleigh used a green dot to help her players overcome that.



Go All In. #PlayGreen

CLICK TO TWEET 



Becky Burleigh

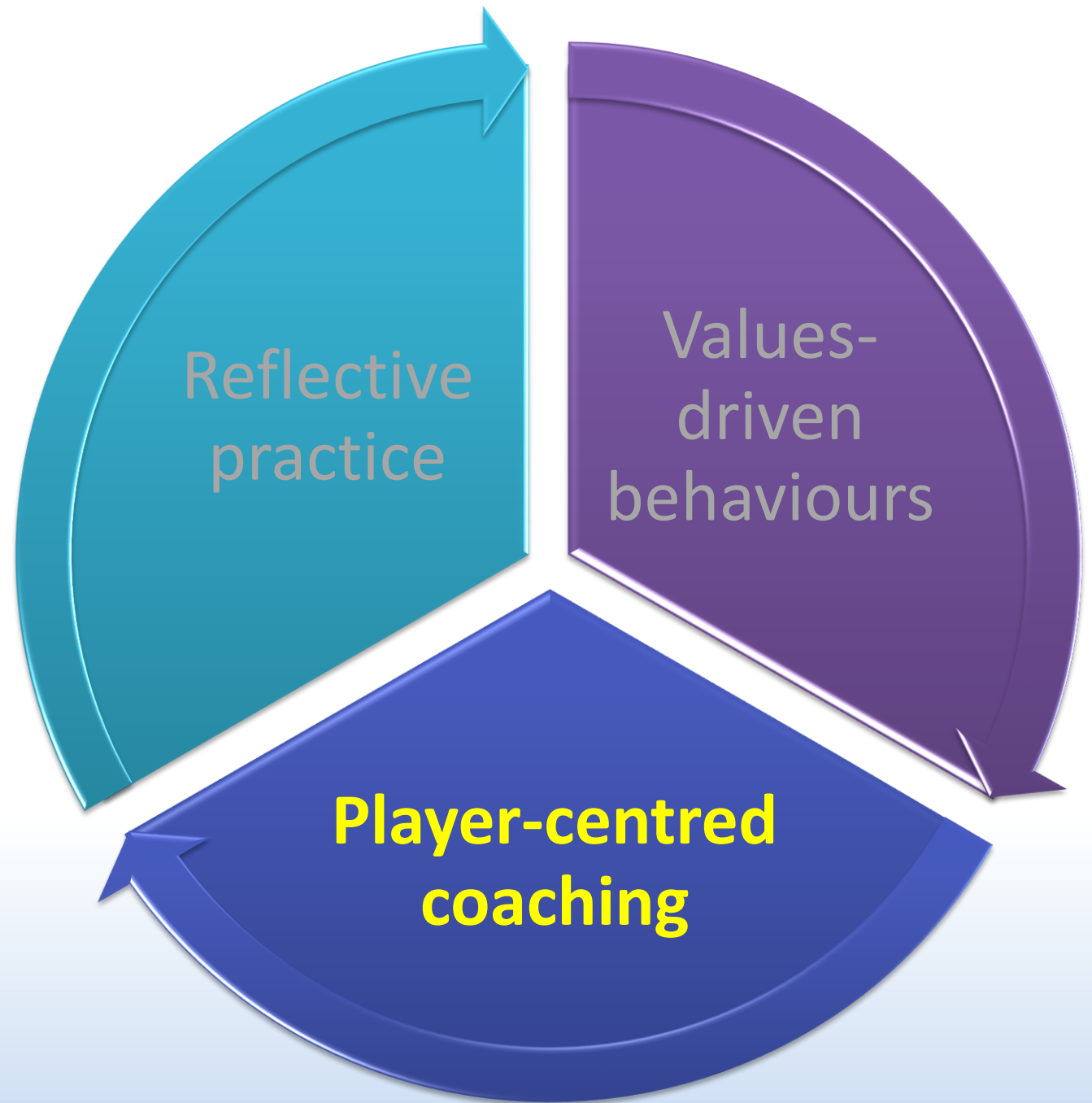
3 National Championships

13 SEC Championships

.770 Winning Percentage

<http://whatdriveswinning.com/video/playing-green/>

Becoming a Better Coach



Quality Practice Design

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

By ANTHONY KUHN • AUG 28, 2015

PROGRAM
Morning Edition on
NPR & Classical
Music

PROGRAM
Morning Edition on
NPR News

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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.

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.



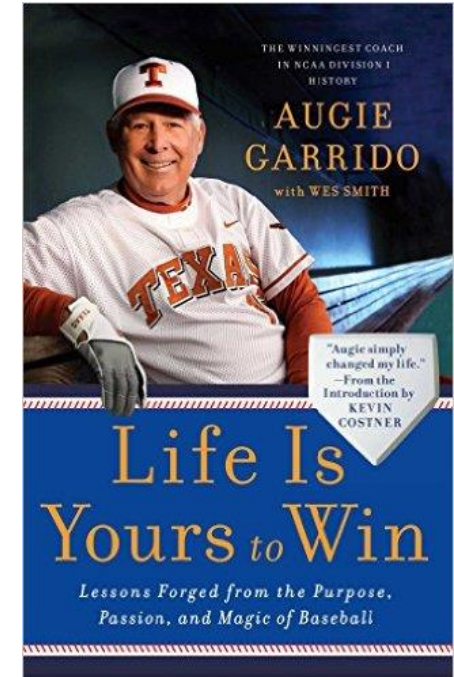
Characteristics of Quality Practices

- 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



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

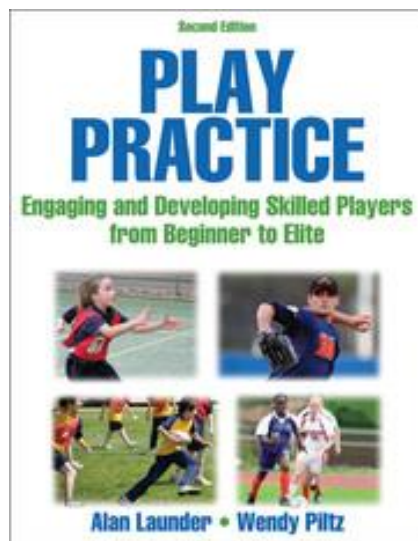
Journal of Sports Sciences, March 2010; 28(5): 483–495

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



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

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IN SPORTS

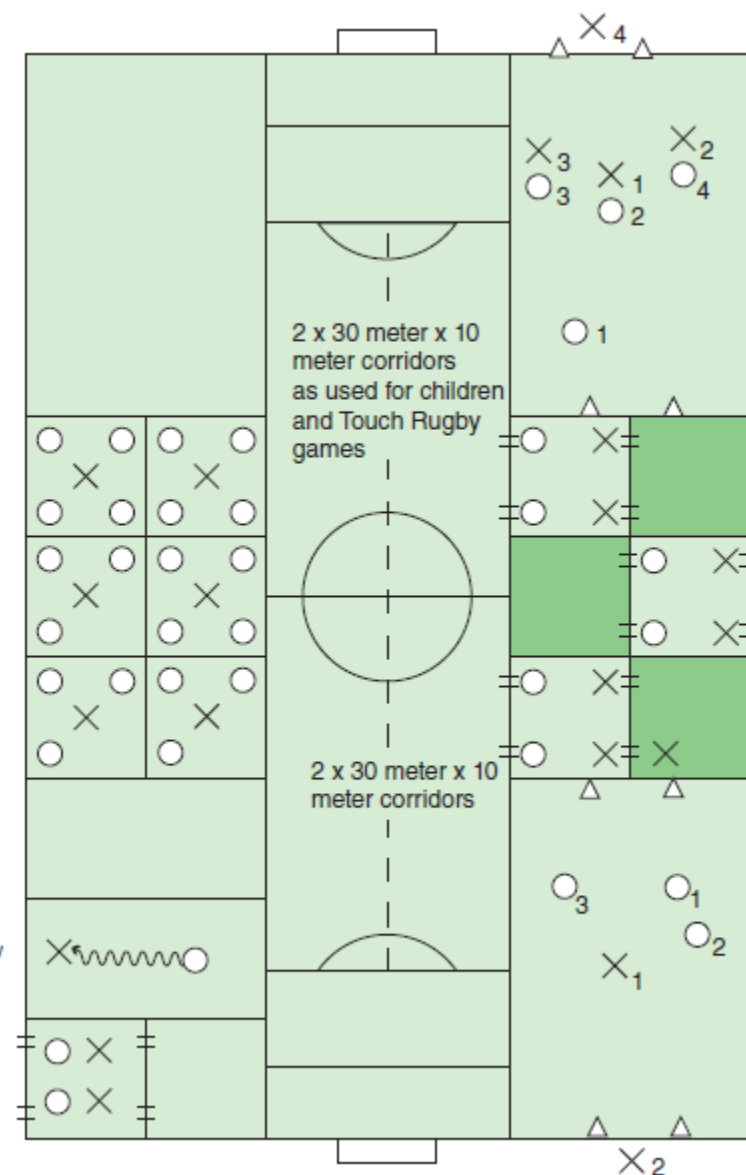
An investigation of the practice activities and coaching behaviors of professional top-level youth soccer coaches

M. Partington¹, C. Cushion²

a
Basic 30 x 20
meter playing
area for 5-v-5
games

b
6 x 10 x 10
squares
4-v-1 and
3-v-1
possession
games

c
3 x 20 x 10
corridors for
dribbling
games and
2-v-2 dribbling/
screening
game in
10 x 10
square with 1
meter goal in
each corner



d
30 x 20 field
continuous
4-v-3 go-
for-goal
games

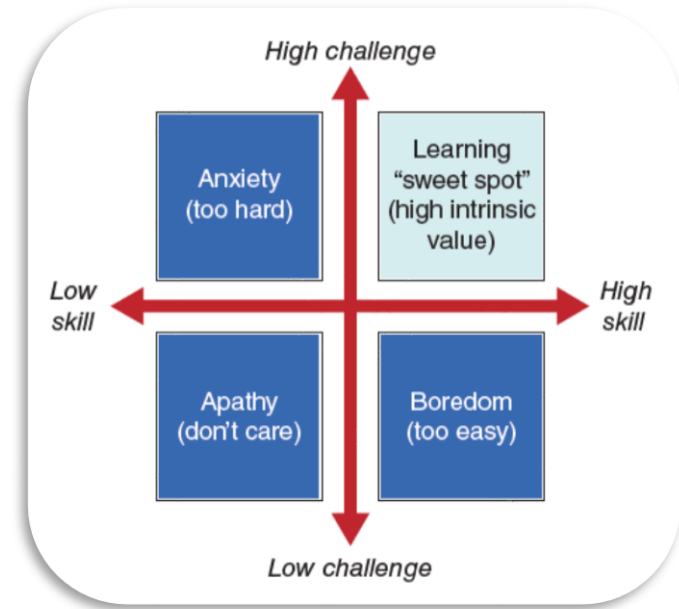
e
3 x 10 x 10
squares
2-v-2 dribbling
screening and
passing
games
(with small
1 meter
goals)

f
30 x 20 field
continuous
3-v-1 or
3-v-2 games

2 x 30 meter x 10
meter corridors
as used for children
and Touch Rugby
games

2 x 30 meter x 10
meter corridors

*“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

★ JOB ONE - GROWTH MINDSET

ATHLETES + COACHES

- BE EXAMPLES
- FOSTER IN GYM?
- MISTAKES... UGLY...

★ SCIENCE OF MOTOR LEARNING

- TRANSFER... MAXIMIZE

★ READING - MOST IMPORTANT SKILL

- TEACHING / PROMOTING

★ WELL-ROUNDED PLAYERS

- ALL SKILLS
- WE OWE IT TO THEM, THEY DESERVE IT

★ JUST GOOD, NOT GREAT

- WHAT DOES THAT LOOK LIKE?
(PASS, SET, ...)

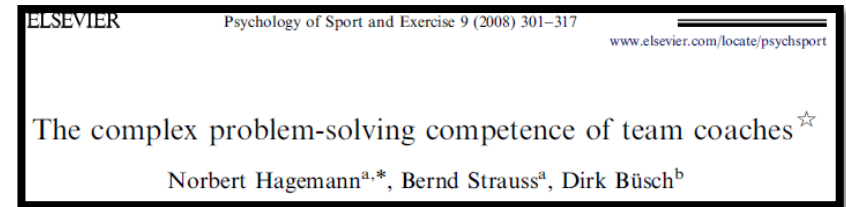




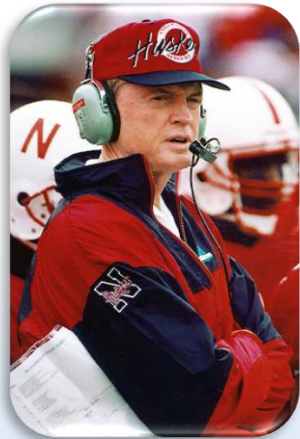
Better be making mistakes in practice or you aren't getting better

Match Coaching: Examine

- Best coaches give 50% fewer comments to athletes than less successful coaches



‘Listening to the match’



Match Coaching: Encourage

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

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

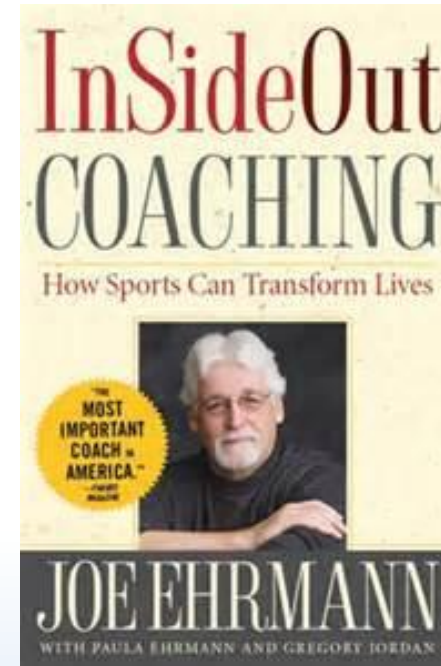
International Sport Coaching Journal, 2014, 1, 173-179

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



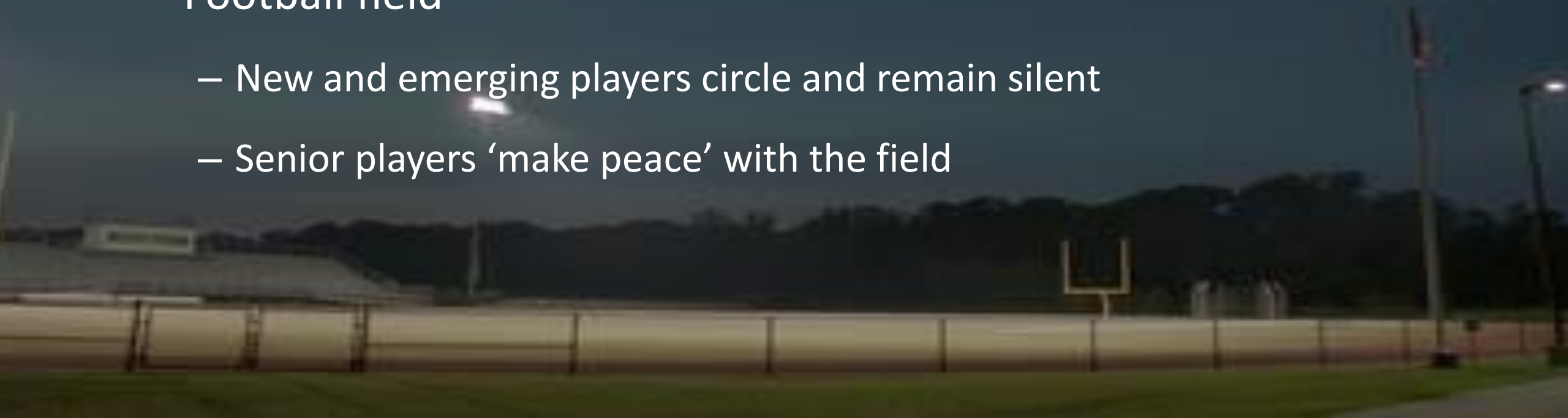
End of Season Rituals

- Recognize:
 - The journey
 - The sacrifices
 - The growth
 - Those who will follow
- *Last Practice ritual...*



'The Last Practice'

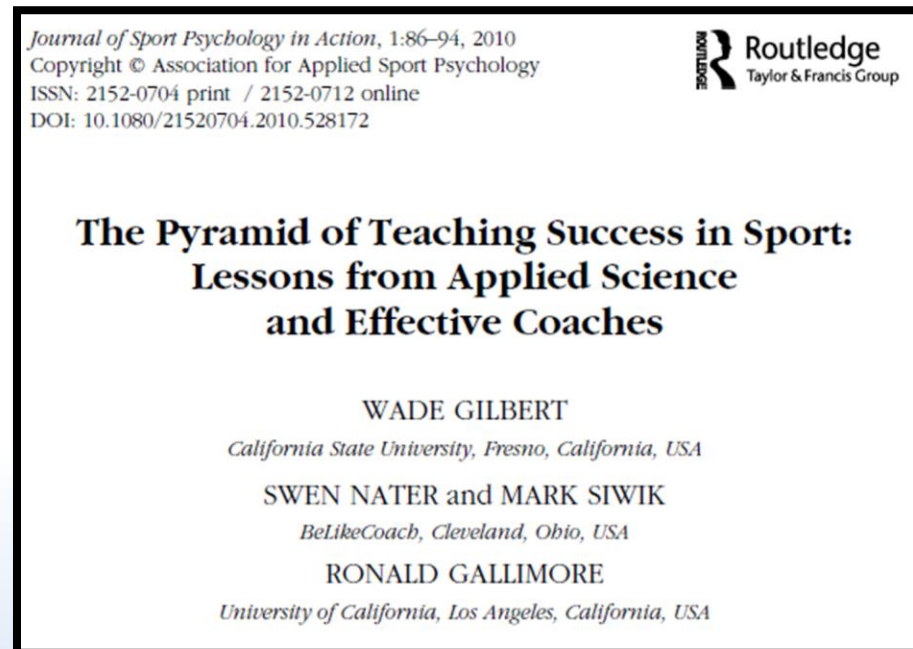
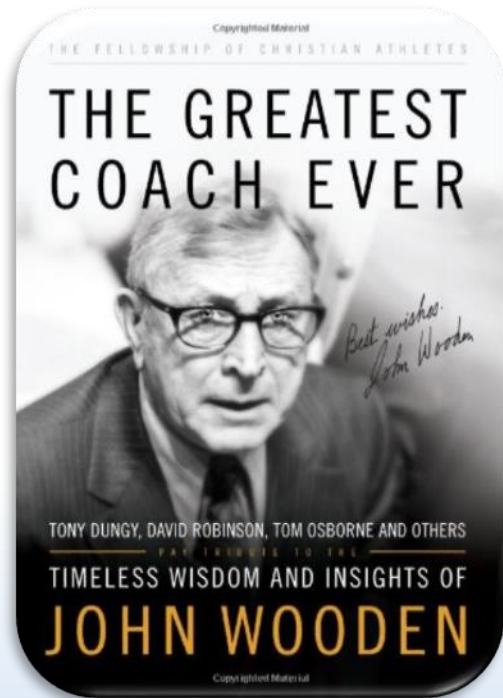
- Post practice shower and change
- Exit dressing room in pairs, holding hands, senior players first
- Walk school campus (club or community), pause and reflect
- Football field
 - New and emerging players circle and remain silent
 - Senior players 'make peace' with the field



Becoming a Better Coach



“What matters most is what you learn after you know it all”



Reflective Practice

- Reflecting on everyday events that occur as part of your coaching
- Goal = close performance gaps
- Requires **noticing skills**

Learn what not to focus on





A Cognitive Neuroscience Perspective on Sport Performance

Bradley D. Hatfield, PhD

Amy J. Haugler, PhD

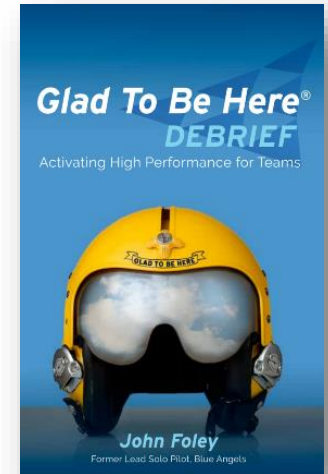
Thomas W. Spalding, PhD

- Brain activation decreases with cognitive load for experts (increases for novices)

'Pick Up the Ball' Exercise

In the past week...

1. *Which tasks did I complete perfectly?*
2. *What went wrong for the tasks I didn't complete (perfectly)?*
3. *How can I fix the things that went wrong?*
4. *Who else would benefit from knowing what went wrong and how I will fix it?*



Strengths Spotting

- *What aspects of coaching most energize your?*
- *What was your best day of coaching this past season*
- *Why was this the best day?*



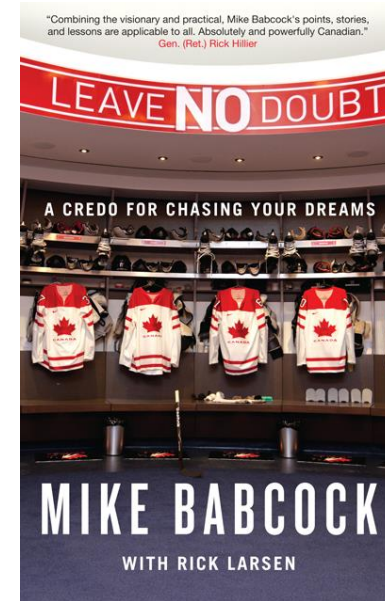
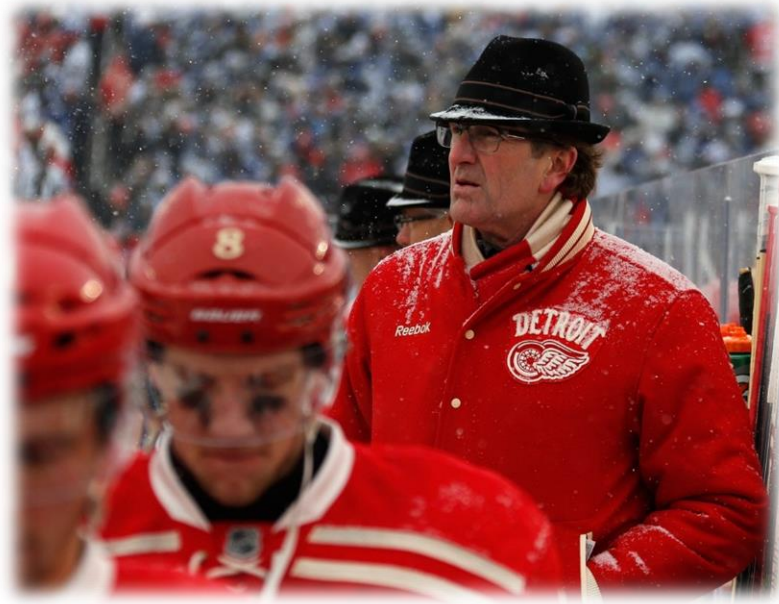
Critical Reflection



Critical Reflection

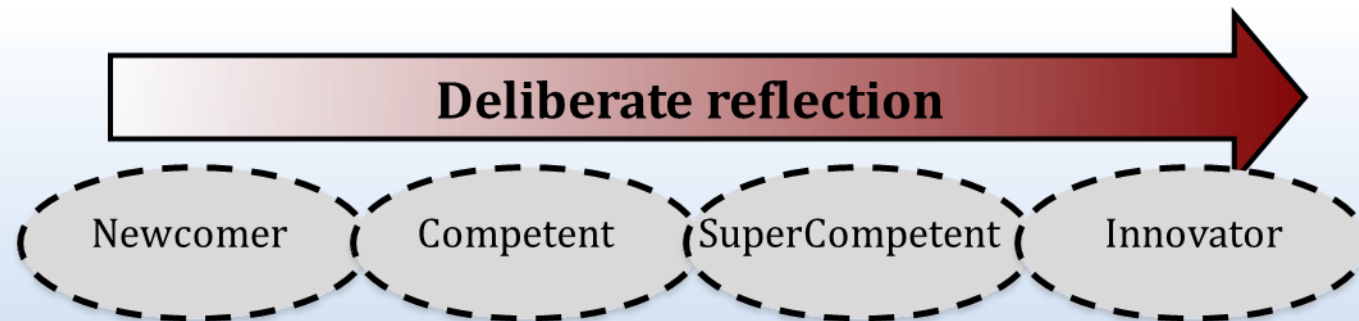
- Self-induced periodic confusion
- Goal = understand, challenge, and re-frame **how we think** about coaching and athlete development

Case in Point: Mike Babcock



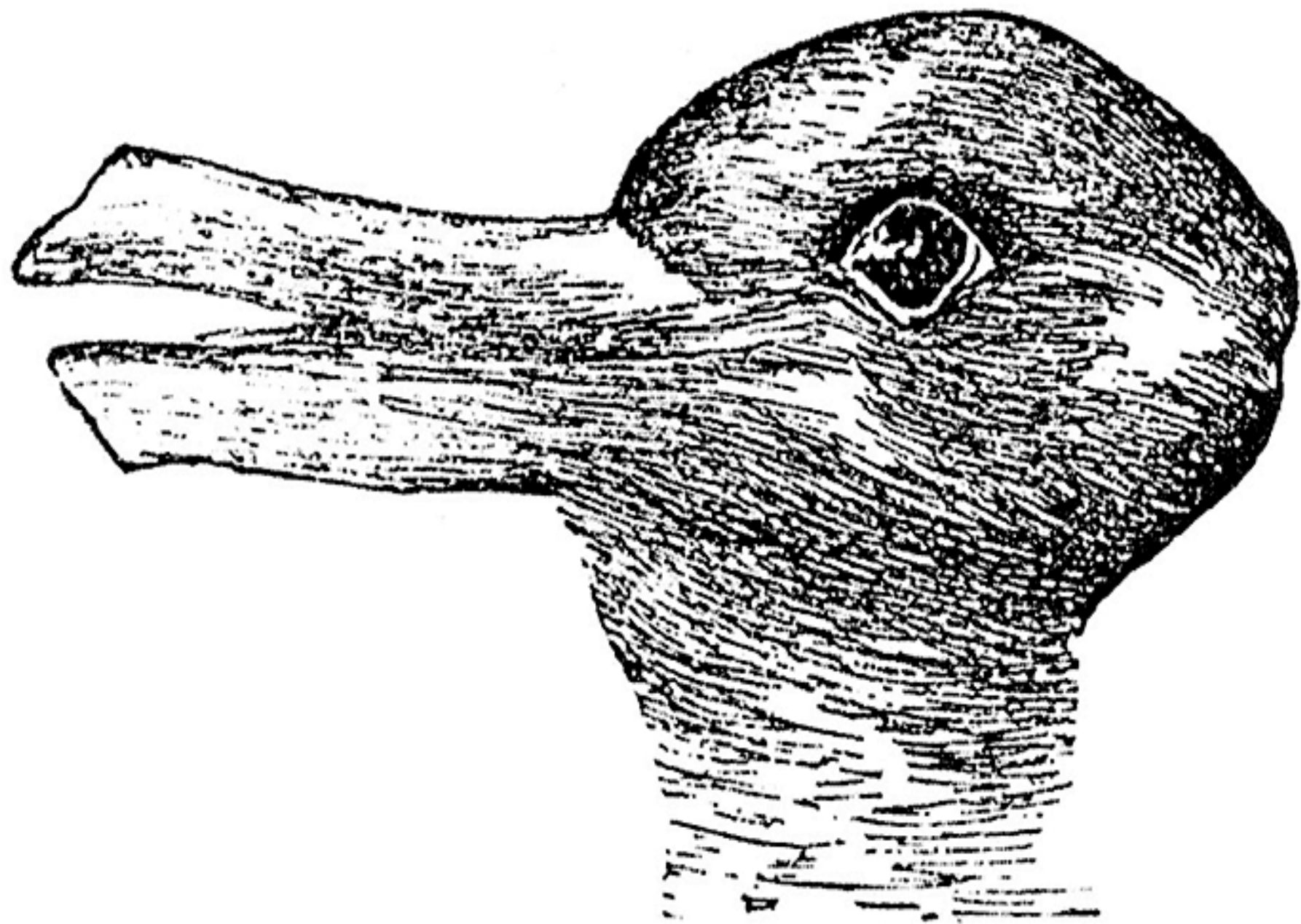
I've always liked questions. I think too many of us are too busy trying to prove we have the answers, and not enough of us are asking questions.

Critical reflection used to see new possibilities as a coach

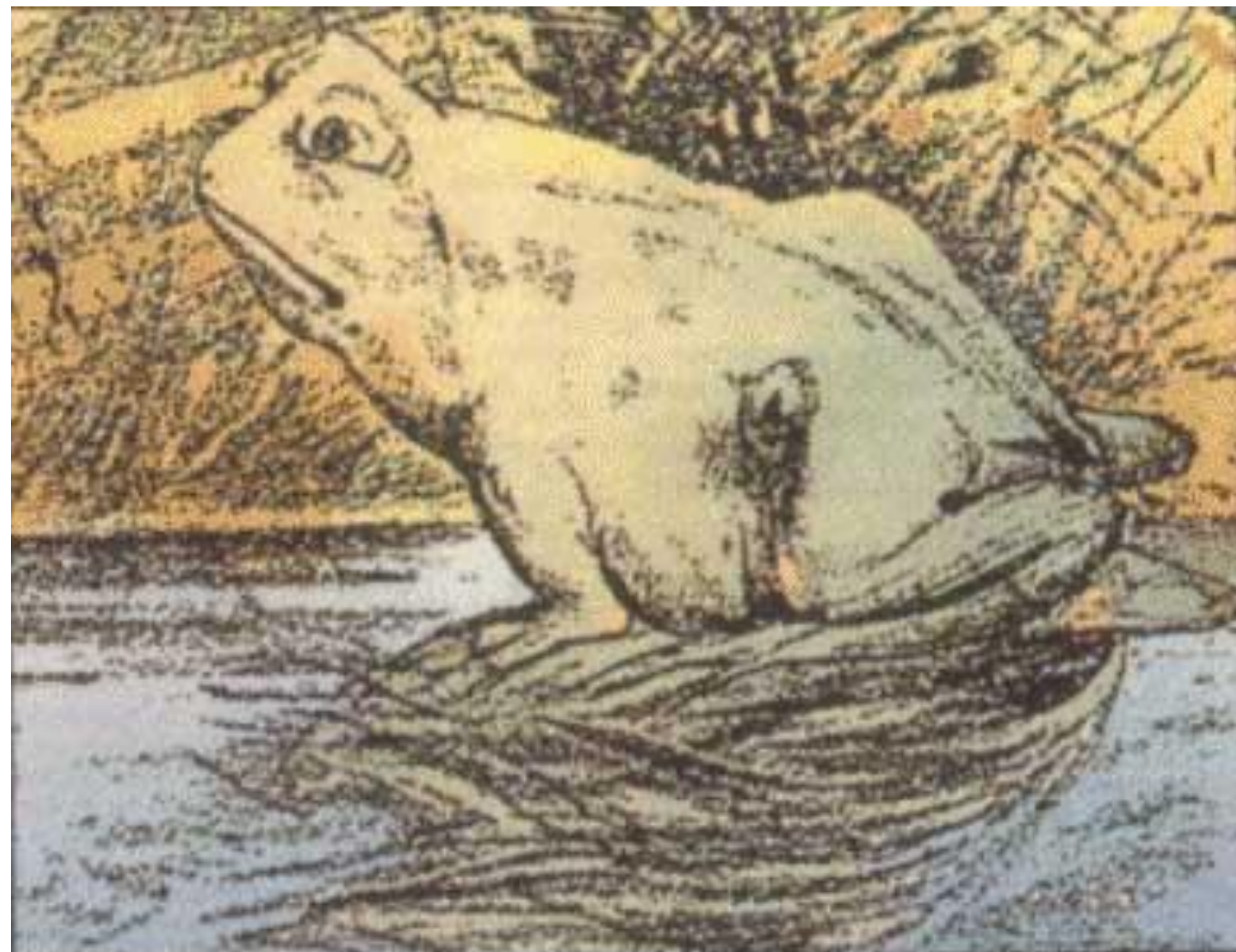


What do you see?

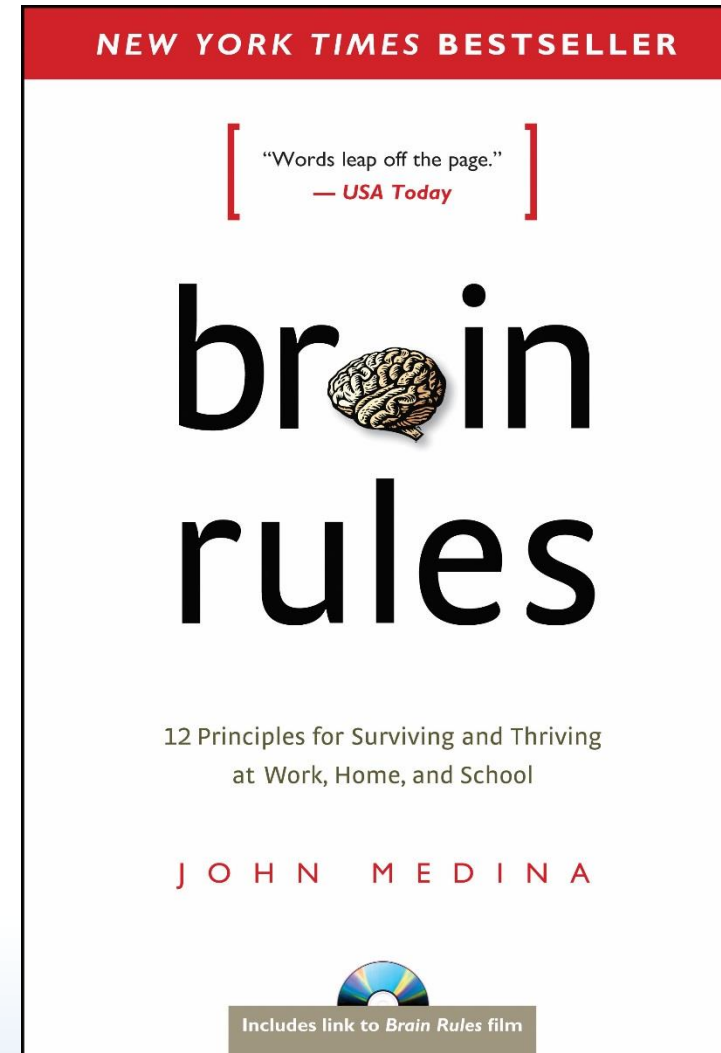








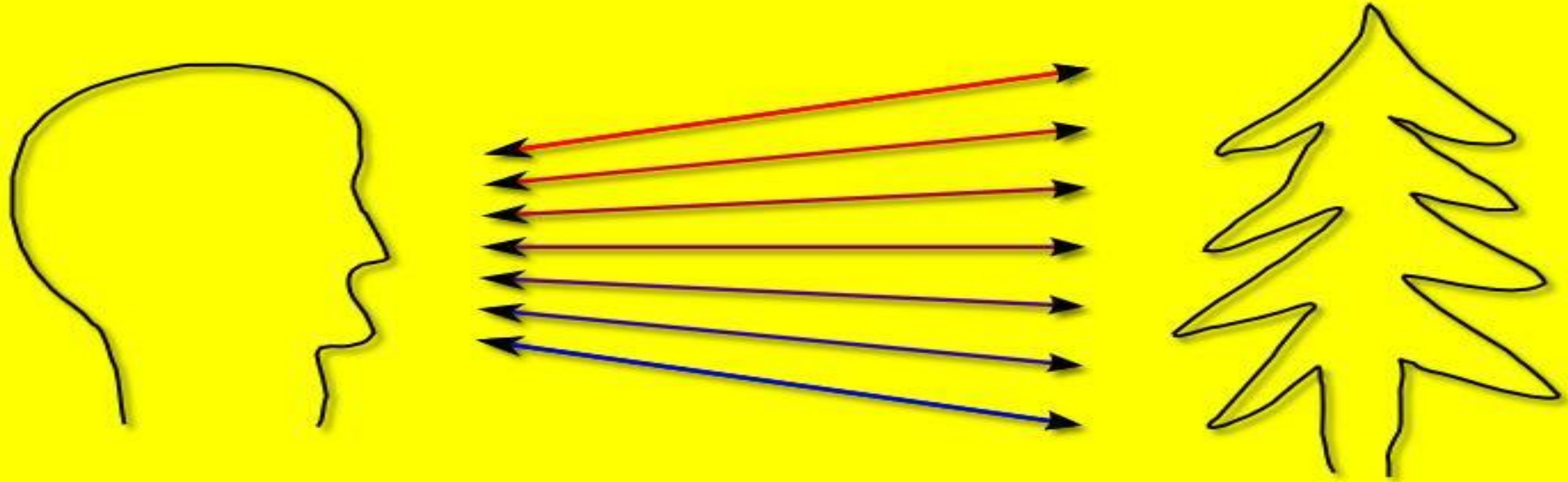
We do not see
with our eyes.
We see with our
brains. (p. 300)



Me

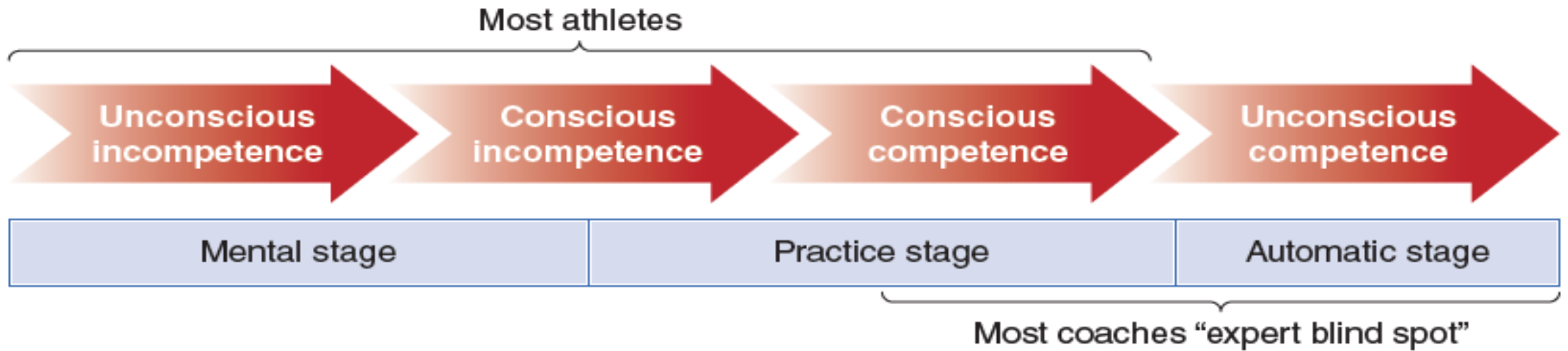
Mental Models

Reality



Mental Models affect the way we see and interpret reality. They are like the filters through which we see the world.

Critical Reflection & Mental Models



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