COACHING FAILS: Things You Should Stop Doing **Right Now** 

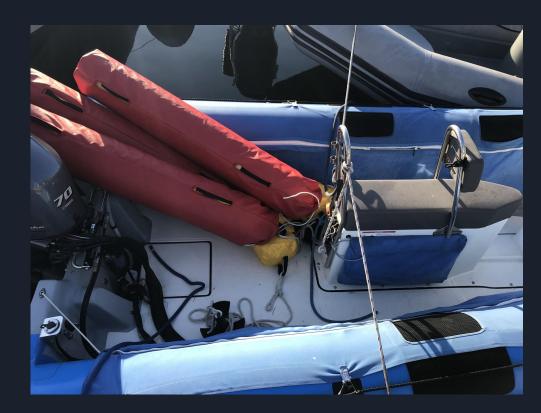


Onboard:



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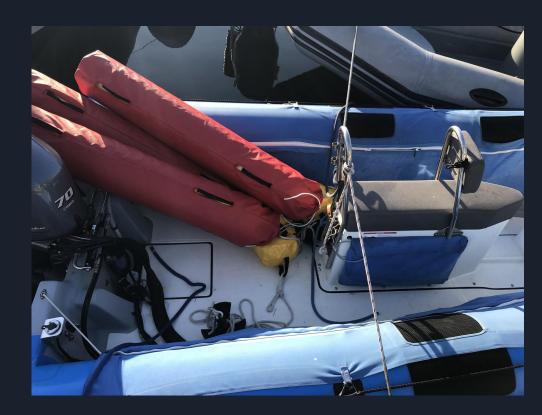
**Fuel the rib** ideally the night before



Onboard:

**Fuel the rib** ideally the night before

Food / Water for coach

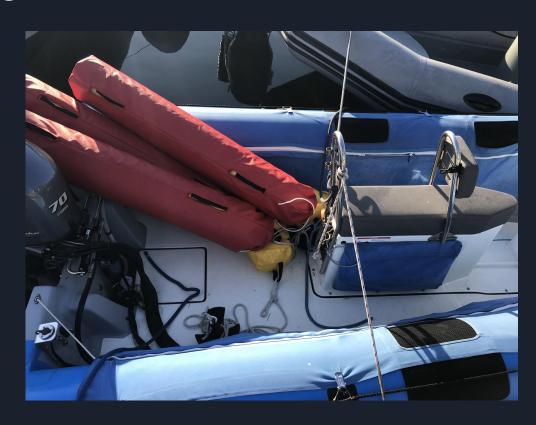


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**Food / Water** for coach

Extra food / Water for athletes



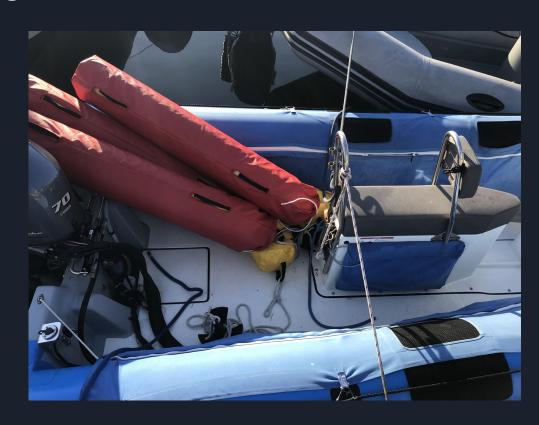
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**Tools** to fix hardware



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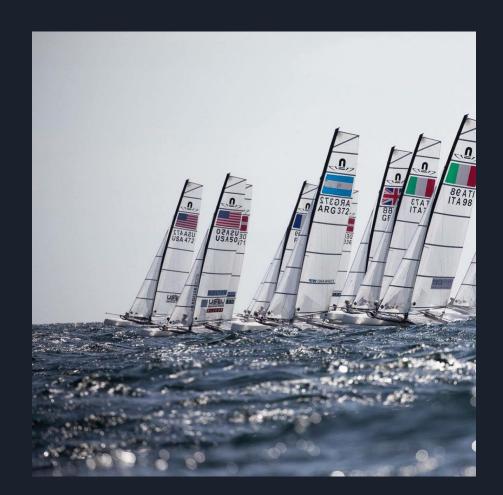
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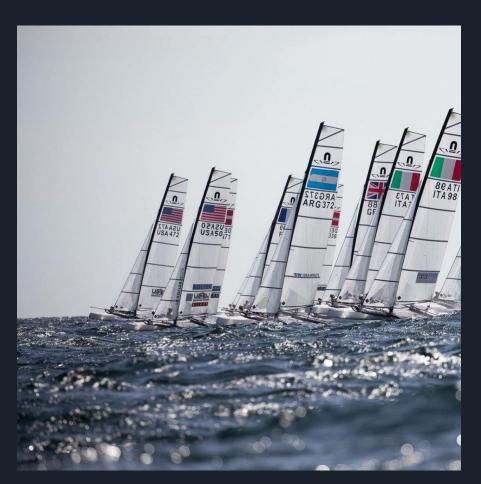
**Spare parts** that will break

On-Water Gear	
Spinnaker	
4mm Dyneema (16ft)	
Electrical Tape	
Trapeze Bolt & Nut	
Mainsheet	
Bungee	

On-Shore Spares	2NINER Toolbox	
Mast Top Section	Screwdrivers	
Boom	Wrenches, Plyers, Rivet	
	Gun	
Main, Jib, Kite	Scissors	
Control Lines	Measuring Tape	
Halyards	Spare Battens	
Trapeze system	Misc 29er parts	



Self Care (morning routine)



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**Mental Prep:** forecasting, to do list, daily goals.



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**Checklist Gear** (charging station)



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Keep it simple





High / Low Energy



**High /** Low Energy

**Alert** / Inattentive



**High /** Low Energy

**Alert** / Inattentive

Organized / Messy



**High / Low Energy** 

**Alert** / Inattentive

Organized / Messy

Focused / Distracted



**High / Low Energy** 

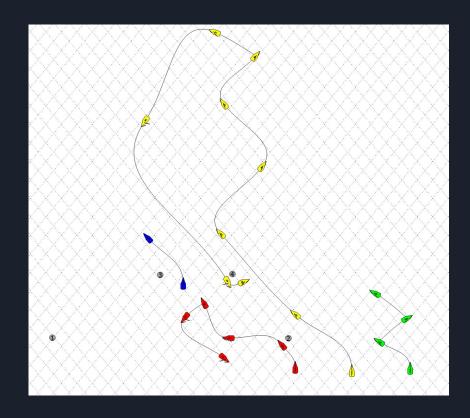
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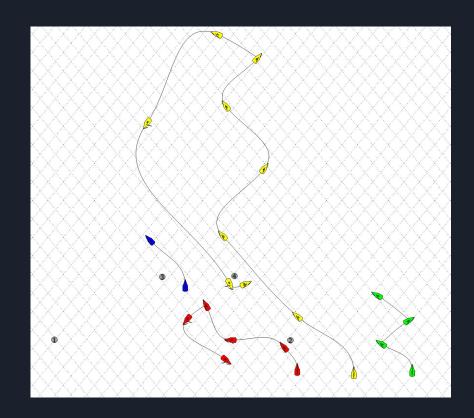
Focused / Distracted

Model the behavior you want to see



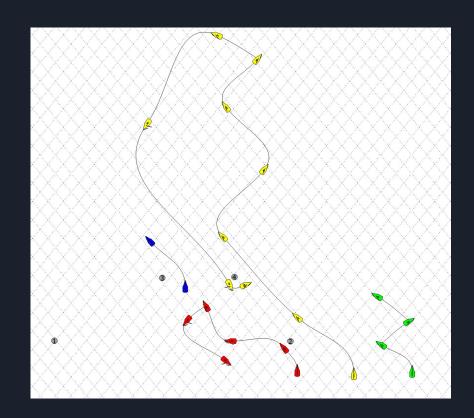


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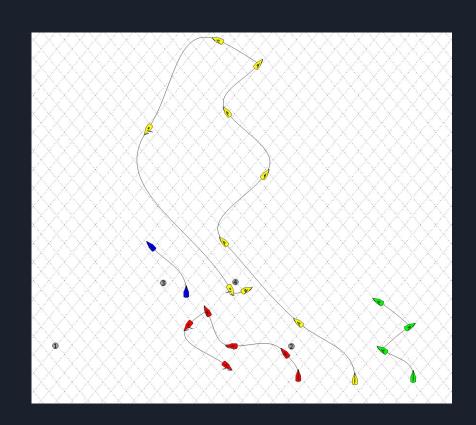
Set a **Deadline** 



Establish **Meeting Point** 

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Set an **Alarm** (reminder)

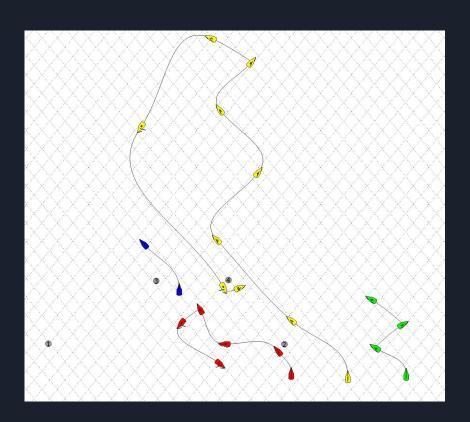


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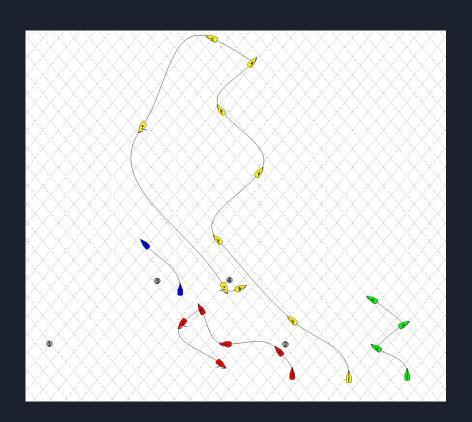
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Keep It Simple



#### **Process Oriented Mindset**

"Failure is an opportunity to grow"

# GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things" "Failure is the limit of my abilities"

# FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like "I can either do it, to be challenged" or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

> \*Feedback and criticism are personal

"I stick to what I know"

Watch & learn to identify either **tactical** or **strategic** moves



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Identify the shift



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Identify the shift

Develop your eye

(rail to rail or tip to tail)

The goal: "At that moment, I saw this happen to you."



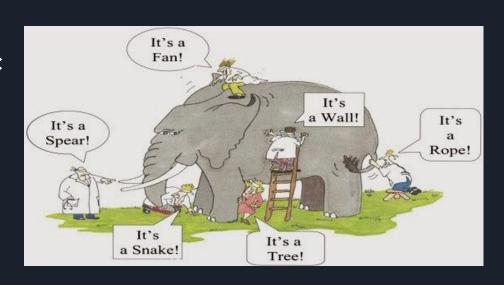
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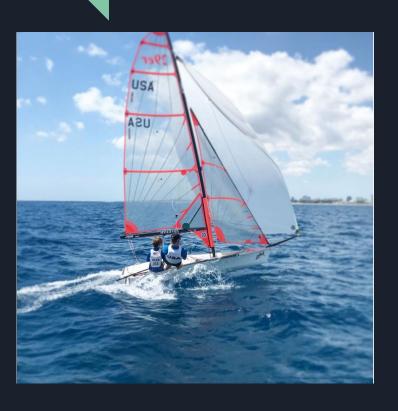
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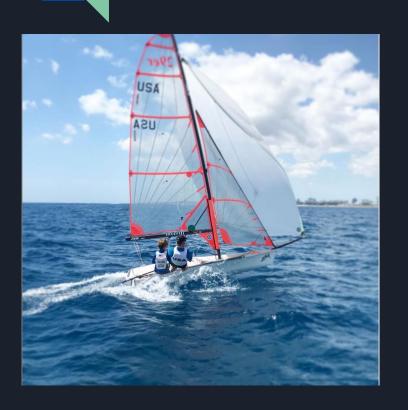
## Stop Comparing Athletes to One Another



VS



### Compare Athletes to Themselves



VS



## **Obsessing Over Scores**





#### **Obsess Over Skills**

#### Create a Skills Scoreboard

Deadline	Action	Score
90 mins to start	Off Dock	-2 pts
75 mins to start	Gather at RC	-2 pts
45 mins to start	Pre- Race Routine	-2 pts
30 mins start	Below Line	-2 pts
0 mins to start	Race 1	
	Bonus / Between Race Routine	
	UW S/P Compass #	-2 pts
	Start Bias	-2 pts
	Gate Bias	-2 pts
	Wind Angle	-2 pts
	UW Playbook   ID Priority	
	DW Playbook   ID Priority	

### Perfection or Excellence?

#### Perfectionism

- Perfectionism means thinking <u>less</u> of yourself because you earned a B+ instead of an A.
- Perfectionism means being hard on yourself because you aren't equally talented in all sports.
- Perfectionism means beating yourself up because you lost the student council election.

#### Pursuit of Excellence

- The Pursuit of Excellence means thinking <u>more</u> of yourself for trying something new.
- The Pursuit of Excellence means choosing some things you know you'll be good at—and others you know will be good for you or just plain fun.
- The Pursuit of Excellence means congratulating yourself because you were nominated and deciding to run again next year—if that's what you want.

## **Burning Matchsticks**



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Top 10% - Elite Achievers



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Middle 80% - Reliable, but not self-driven to excellence (majority of team member)s



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Top 10% - Elite Achievers

Middle 80% - Reliable, but not self-driven to excellence (majority of team member)s

Bottom 10% - Defiant, **unengaged** 



# Forcing Teachable Moments

Seek understanding then to be understood. Listen first.





**Trainer** blows whistles, organizes drills, and administers a practice.



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**Coach** understands where athletes are at developmentally and guides them.



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**Coach** understands where athletes are at developmentally and guides them.

Expert addresses specific details.



# **Learning Styles**



## **Know Your Audience**



## Get Out of the Boat Park



# You're a Professional



COACHBOAT MGMT

PREPARE FOR ACTION

SET THE TONE

ON WATER EFFICIENCY

PROCESS ORIENTATION

BE SPECIFIC

COMPARE SELF TO SELF

SKILLS NOT RESULTS

EXCELLENCE VS. PERFECTION

INVEST WELL

TEACHABLE MOMENTS

KNOW YOUR ROLE

**LEARNING STYLES** 

GET OUT OF THE BOAT PARK

BE A PRO

