

ETTU 2016 Coaching Conference

“Instilling confidence”

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Today's Topics

- *Why coaches should be more of a Mental Coach*
- *How to help players produce information*
 - *Finding the right words and attitude to reach the player*
- *Creating mental routines that are stronger than emotions*

Instilling confidence

Four key-principles to instill confidence

Four Key-principals to instill confidence

- *Principal 1:*

- *Think of the game, not of the stakes*

Think of the game, not of the stakes

*The Coach needs to know what happens in the
player's mind:*

"Helping players produce information"

Put words to describe precisely what happens in the mind

Think of the game, not of the stakes

Dealing with parasitic thinking:

Parasitic thoughts...

- *make me lose focus*
- *make me think of the future (result, outcome, stakes)*
- *make me come back to the past: "I always had a hard time when I play against him/her"*
- *start most of the time by: "I have to...", "I am afraid of..."*

Dealing with parasites: some examples

«If I win/ if I loose....»

«What will say my coach after the match??»

«Each time I play against him/ her I feel tight»

«I need to play at my best to win this tournament»

«Yesterday I felt really well, today I have no sensations»

«My opposent is better prepared than me»

«I have given so much and it still doesn't pay, what am I doing here?»

Think of the game, not of the stakes

Dealing with parasites : creating mental firewalls

A firewall is:

-a thought that makes me focus on the game

-a routine that allows me to stay focused ; it's reassuring and avoids distraction

-a reminder of why I'm here. It makes sense for me to be here and now

Firewall Examples

Jean-Philippe Gatien (table tennis):

«My only goal: winning the next point»

Stéphane Diagana (400m hurdles):

«Watch your lane»

Roger Federer (tennis):

«My tactics is my footwork.
If I move well my legs, I'll play well»

Jean-Pierre Papin (soccer)

«Before shooting I focus on my support leg»

The opposite of forgetting is...

1. Be good to yourself
2. Try your best.
3. Be intense with your legs
4. Be proactive during points
5. Focus on each point and the process

1. Try to be the one dictating
2. Try to keep him at the base line make him move.
3. Keep going for your serve
4. Stick to the baseline as much as possible.
5. Stay low on passes and use your legs.

Andy Murray's Check-list

Think of the game, not of the stakes

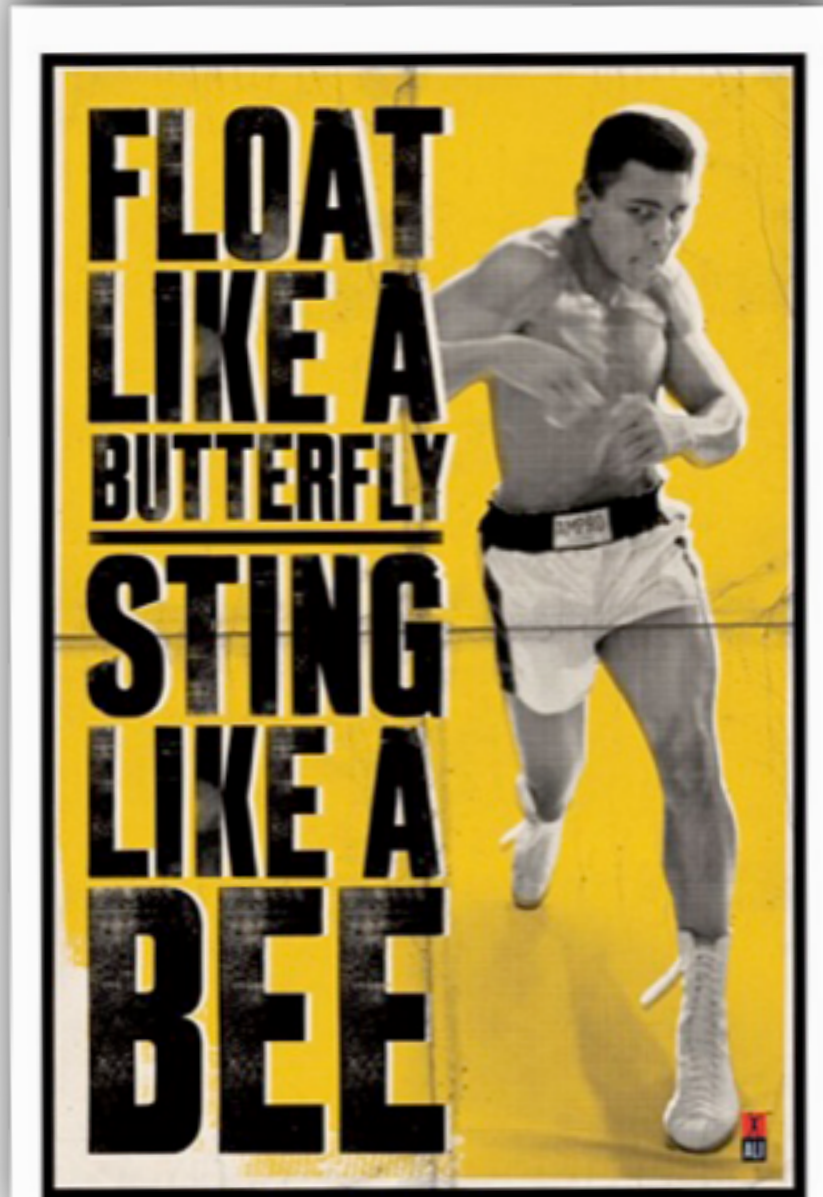
Go from : "I hope that..." to "I do"

Go from : "I have to..." to "I want to"

Think of your identity, not of the stakes

*« When you know who you are
it is difficult to get you out of your balance »*

Think of you identity, not of the stakes



Four Key-principals to instill confidence

- *Principal 2:*

- *Find the right words and the right attitude*

Find the right words and the right attitude

You don't help the player when...

Parasitic thinking comes from the coach/ staff...

The coach repeats the usual clichés

Words have no more meaning for the player

A look hurts more than words

Find the right words and the right attitude

Words that make you fly:

*« Show everybody that you are better than Messi! »
(Joachim Löw to Mario Götze)*

Using words that make the difference:

« Don't go to practice, get prepared for practice »

Avoiding Traps

- *When the Debriefing turns into a Monologue*
 - *Creating a « double bind »*
 - *Being trapped inbetween two...*
- *When your Body Language betrays you*

Take away

The coach is an official supplier of firewalls

- Know how to change when you spend too much time in your comfort zone

- Read the sub-titles

- Be authentic and « up-front »

Four Key-principals to instill confidence

- *Principal 3:*

- *Create rules that are stronger than emotions/
the relationship*

Create rules that are stronger than emotions/ the relationship

Rafael Nadal: The point of No Return

Roger Federer: My 24-hour Rule

Claude Onesta (National Handball Coach):

- *« No need to like each other to be performant »*
- *« We love each other a little bit more whenever we win »*

Establish rules through co-construction helps to structure the relationship and prepares for dealing with money time

Secondary Benefits:

Appropriation and Co-responsibility between Coaches and Players

Four Key-principals to instill confidence

- *Principal 4:*
 - *Coach/ Staff Performance precedes Player's Performance*

Knowing the right people

- *Create your inner circle*
- *What do your surrounding people look like?*
- *Energy Giver vs. Energy Drainer*
- *Who is your Safeguard / Guardian Angel?*

Coach/ Staff Performance precedes Player's Performance

- *A Time Out for the Coach*
- *Coaching the Coach : Co-coaching, Supervision...*
- *Anticipation : « What did I plan in case...? »*

4 Key-Principals *as applied by great Coaches*

- *Think of the Game, not of the Stakes*
- *Find the right words and the right attitude*
 - *Create rule that are stronger than emotions/ the relationship*
 - *Coach/ Staff Performance precedes Player's Performance*

Instilling confidence

Coaches in Sub-Groups:

- « *The Day somebody gave me Confidence...* »

« *The Day somebody took away my Confidence...* »

- *15 min of exchanges, then restitution with a*

- *Top 3 for every Sub-group*