

Coaching Your Best in Competitions

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Last webinar

Winning the game before the game

Today

Winning the game within the game

cademy.com

AD
SPORTS



Insights from recent competition coaching moments...

Tactical adjustment + *"I didn't do a good enough job coaching it during the week"*





Tactical adjustment + *“There was a belief in what went down”*

Prep football Week 7 rewind: Central knocks off No. 1 Clovis in lightning-delayed game

HIGHLIGHTS

Grizzlies, nearly 40 hours after kickoff, hand Cougars first loss



No tactical adjustment + *“This is a players’ game and it’s yours to finish”*

- How much coaching do our athletes need during competitions?
- How should we balance the urge to ‘coach’ with the need to let athletes play?
- Opportunities to coach during competitions vary across sports

Our Purpose Today

Share proven strategies for coaching effectively during competitions

Coaching during Competitions

- Webinar Outline:
 - ✓ Increasing coach mindfulness and noticing skills
 - ✓ Effective use of competition breaks (time-outs, intermission, between events)
 - ✓ Momentum triggers and strategies

1. Mindfulness and Noticing Skills



Puppet master
coaching

You can observe a lot by watching



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Listen to the Match

- Top coaches give 50% fewer comments to athletes during competitions than less successful and less experienced coaches.



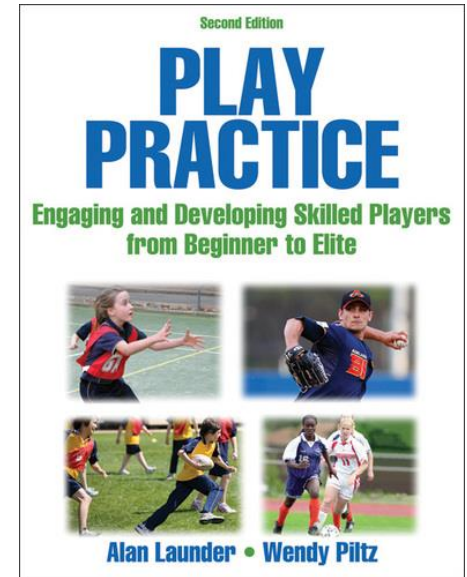
Hagemann, N., Strauss, B., & Büsch, D. (2008). The complex problem solving competence of team coaches. *Psychology of Sport and Exercise*, 9, 301-317.

- Set a goal to silently observe for set amount of time at start of competition
 - First 8 minutes of a soccer match
 - First 2 innings of baseball/softball game
 - First quarter of basketball game



Listen to the Match

- Watch players in calm manner, even under intense pressure.
- Discern patterns of play and player contributions.
- See whether the team is attempting to carry out game plan – and if not, why?
- Remain composed, decide what changes can be made to improve play.



Experts notice things that matter

AMBIGUITY, NOTICING AND ORCHESTRATION

Further thoughts on managing the complex coaching context

Robyn L. Jones

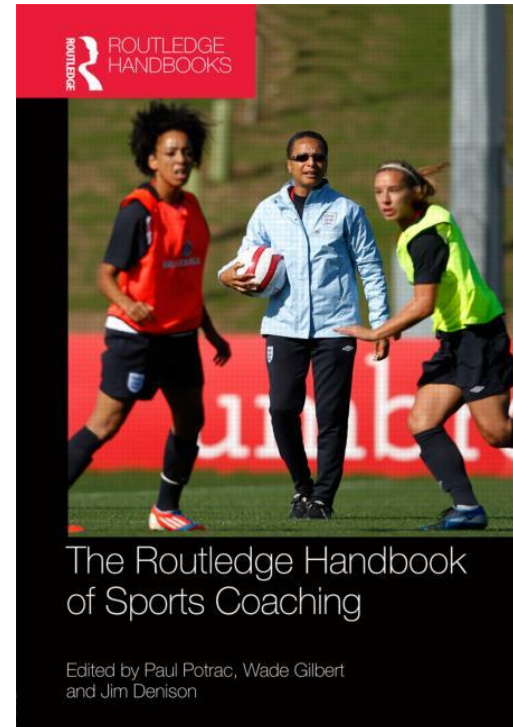
CARDIFF SCHOOL OF SPORT, CARDIFF METROPOLITAN UNIVERSITY, UK

Jake Bailey

CARDIFF SCHOOL OF SPORT, CARDIFF METROPOLITAN UNIVERSITY, UK

Andrew Thompson

CARDIFF SCHOOL OF SPORT, CARDIFF METROPOLITAN UNIVERSITY, UK



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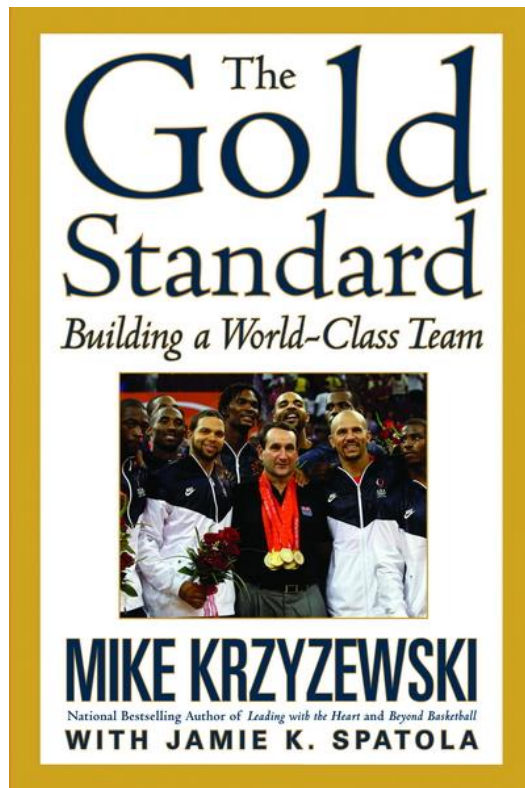
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Advance Noticing Cues



Advance Noticing Cues

Before every game I have ever coached, I have made handwritten notes for myself ... I have found that writing these things down – even things I've already heard my assistants say or have seen in the scouting report – cements them in my mind ... Those notes help me to not be distracted and to concentrate on what we have to do to be successful.

Advance Noticing Cues



Technical Cues	Tactical Cues	Physical Cues	Mental Cues
<ul style="list-style-type: none">• In the net, Rory exposing gap between his pads, use short shuffle movements and don't drag back leg	<ul style="list-style-type: none">• Players out of alignment when killing a penalty in our own end, remind players to play the 'box'	<ul style="list-style-type: none">• Martin not recovering quickly enough when back-checking, may be sign of fatigue due to minutes played in yesterday's game	<ul style="list-style-type: none">• Gabe slow to make defensive adjustments in our end, could be sign of drifting focus due to family issue shared with me in pre-game warm-up

Mindfulness and Noticing Skills

- Observe more and interrupt less
- Save coaching for the bench



2. Effective use of Competition Breaks

Time-outs

- Focus forward – ‘next 4 minutes’





‘ATO’ (After
Time-Outs) file

Half-Time / Intermission



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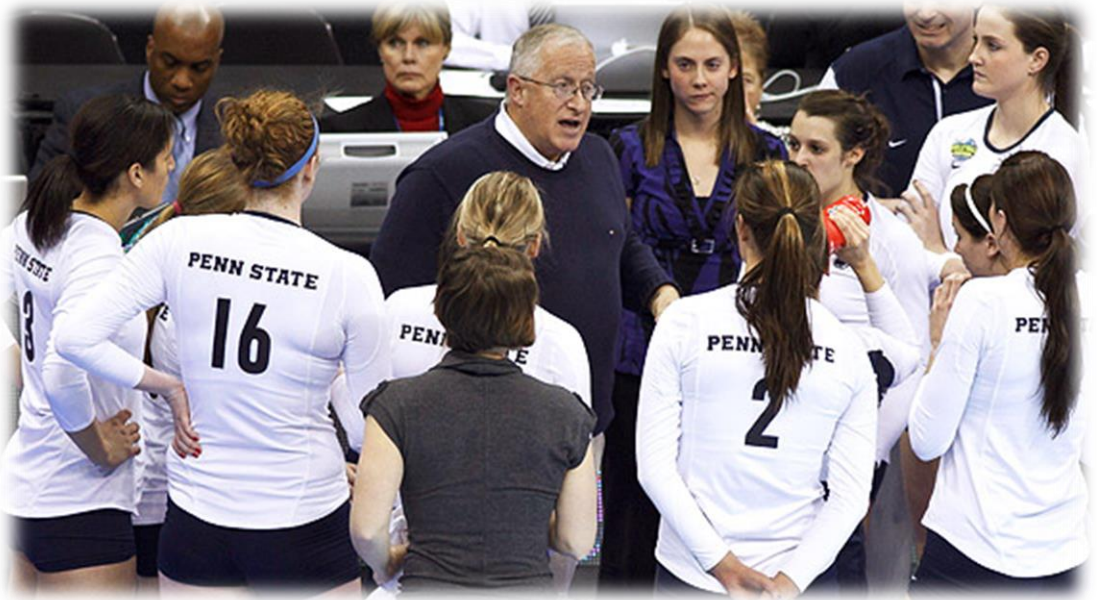
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Half-Time / Intermission

- ✓ Mentally rehearse message before the break
- ✓ Check competition notes & debrief with others
- ✓ Let athletes rest and recover
- ✓ Match message to athlete needs
- ✓ Few key points
 - Reinforce strengths
 - Explain tactical adjustments



3 R's

- Ready
- Respond
- Refocus



The Sport Psychologist, 1991, 5, 256-265

Nebraska's 3 R's: One-Play-at-a-Time Preperformance Routine for Collegiate Football

Kenneth Ravizza
California State U. at Fullerton

Thomas Osborne
U. of Nebraska at Lincoln



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3 R's – Ready, Respond, Refocus

- Ready
 - Quarterback responsible for attention check
- Respond
 - Commit and execute intuitively
- Refocus
 - Recognize emotions
 - Let go of previous play, get Ready...

3 R's – Ready, Respond, Refocus

- Between points in volleyball
- Between shots in golf or tennis
- When play is stopped or pressure relived in soccer, ice hockey, lacrosse
- Change of pace & race milestones in running, swimming, cycling

Contingency Plans

- What will we do when...
- Expect, and prepare for, the unexpected





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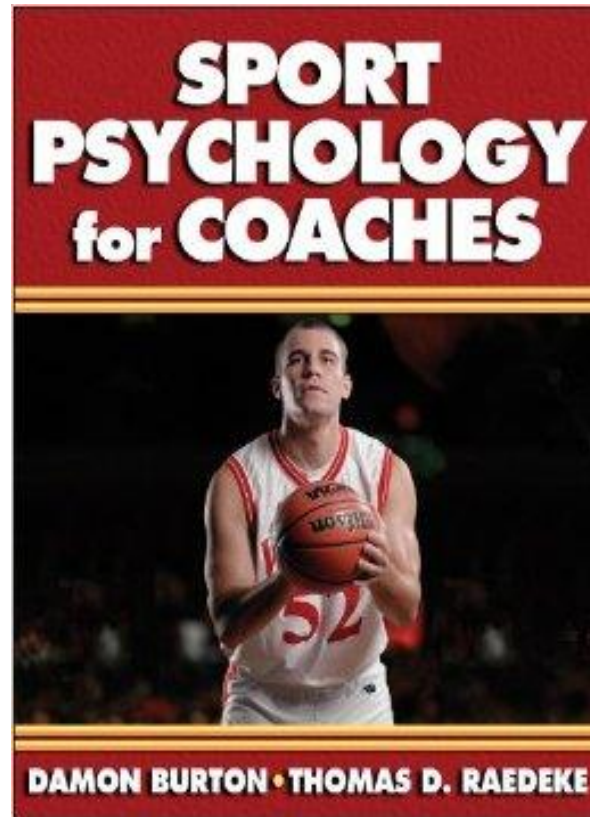
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Prepare Contingency Plans



Prepare Contingency Plans

Critical Situation	Physical Goal	Mental Goal	Coaching Cues
First 3 minutes of the game	Emphasize defense and rebounding	Focus on being relaxed but aggressive	'Be quick, but don't hurry' 'Let the game come to you'
Last 3 minutes of the game	Attack every fast break opportunity	Push the pace without becoming careless	'Turn up the pressure' 'Jump on them before half'



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Prepare Contingency Plans

Performance Trends	Physical Goal	Mental Goal	Coaching Cues
Unanswered scoring run (7+ points) by opponent	Put more pressure on guards to disrupt set plays	Trust your teammates to play their role	'Pressure them into hurrying'
Multiple consecutive turnovers made	Look for multiple options for making a pass	Use positive self-talk to regain confidence	'See the court'

Coaching on the 'Road'



- 54% (MLB)
- 54% (NHL)
- 58% (NFL)
- 63% (NBA)
- 69% (MLS)

Pollard, R., & Pollard, G. (2005). Long-term trends in home advantage in professional team sports in North America and England (1876-2003). *Journal of Sports Sciences*, 23, 337-350.

Coaching on the 'Road'



- Venue familiarity
 - Show videos / images of competitions at the site
 - Ask senior or former athletes to share experiences playing at the site
 - Arrange to visit or practice at the site

Coaching on the 'Road'

- **Referee bias**
 - **Coach contingency plans (for playing short-handed, dealing with penalties, etc.)**



3. Momentum Triggers and Strategies

“an invisible force that makes luck, good or bad, part of your team”

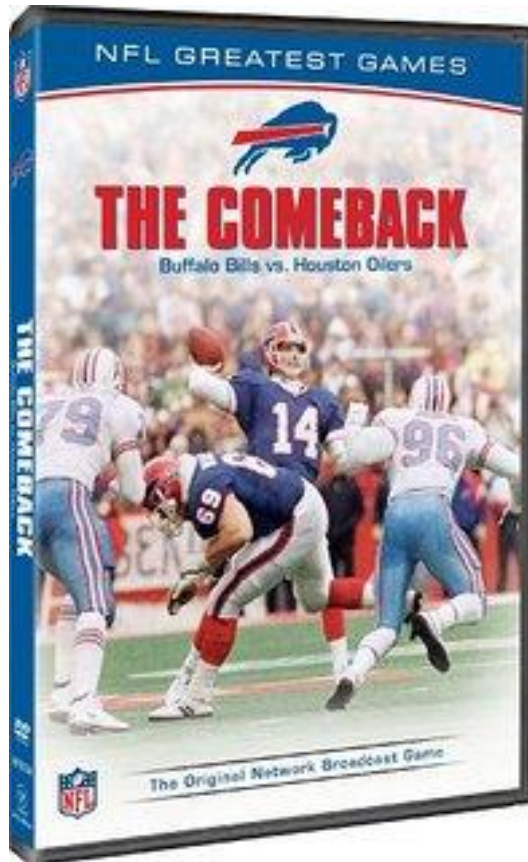
M O M E N T U M



The 'Meltdown'



The 'Comeback'



Negative and Positive Momentum Triggers



Sport Science Review, vol. XXIV, no. 1-2, 2015, 27 - 40
DOI: 10.1515/ssr-2015-0007

Psychological Momentum in Team Sport: An Intervention Program in Professional Soccer

Carsten Hvid LARSEN¹ • Kristoffer HENRIKSEN¹

The Sport Psychologist, 2012, 26, 435-453
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How Do Coaches Experience Psychological Momentum? A Qualitative Study of Female Elite Handball Teams

Karin Moesch and Erwin Apitzsch

Psychology of Sport and Exercise 14 (2013) 389–396



Contents lists available at SciVerse ScienceDirect

Psychology of Sport and Exercise

journal homepage: www.elsevier.com/locate/psychsport



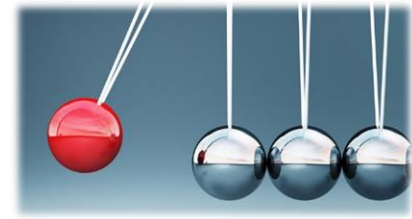
How psychological momentum changes in athletes during a sport competition

Walid Briki^{a,*}, Ruud J.R. Den Hartigh^{a,b}, Keith D. Markman^c, Jean-Paul Micallef^a, Christophe Gernigon^a

Negative Momentum

Triggers

1. Lack of concentration and intensity
2. Negative thinking and body language
3. Insufficient physical and mental readiness
4. Lack of clear game plan



- Trying too hard, not playing role
- Lack of confidence
- Focused on results and winning
- External pressure to succeed (coaches, media, parents)
- Performance mistakes or failures
- Opponent success
- Lack of teammate support
- Inappropriate or lack of tactical adjustments by coach
- Unfamiliar with venue
- Officiating decision for opponent



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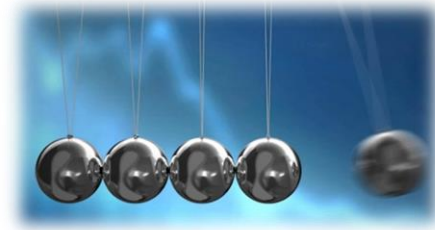


Positive Momentum

Triggers

1. Confidence in ability and preparation
2. Sufficient physical and mental readiness
3. Positive attitude and body language
4. Trust in game-plan

- High concentration and energy level
- Focus on process and fundamentals
- Successful performance (e.g., scoring)
- Acceptance & 'letting go' of mistakes
- Encouragement from others (coaches, teammates, spectators)
- Opponent mistakes or failures
- Negative body language of opponent
- Coach successful tactical adjustments
- Familiarity with competition venue
- Favorable officiating decision



A large, curling blue wave crashing over a sandy beach. The wave is the central focus, with its crest curling over and creating a tunnel-like structure. The water is a deep, vibrant blue, and the foam is white and frothy. The background shows a clear blue sky and a sandy beach. The overall scene is dynamic and powerful, capturing the raw energy of the ocean.

Momentum Strategies

Momentum Strategies



Detailed
performance
plan

Athletes
visualize
success and
positive
actions

Clear and
concise
instructions
during
competition

Stay alert and
be decisive
with proven
tactical
adjustments



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Momentum Strategies



Reinforce
prior
success

Share
observations
about
opponent
tendencies

Reiterate
performance
fundamentals
and process

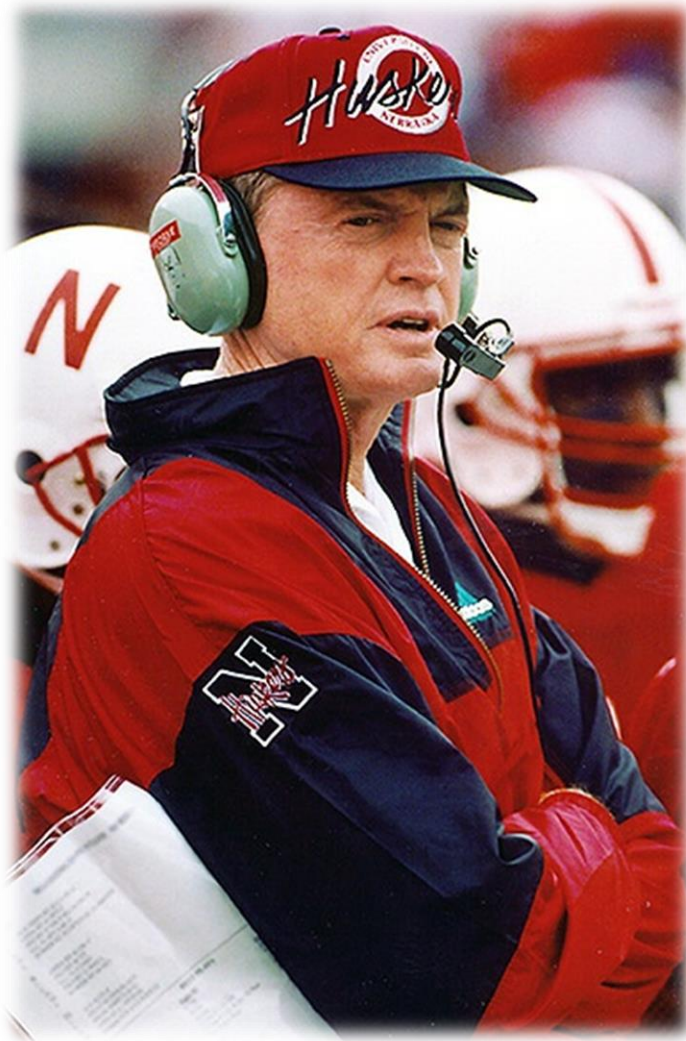
Trigger words
to maintain
focus &
intensity



Coaching during Competitions

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*We
almost
forgot he
was there*



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Coaching Athletes to Perform at their Mental Peak

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