

USA Gymnastics Webinar:



COACHING YOUR ATHLETES TO THE TOP
IN COMPETITION AND LIFE LESSONS with
PCA A NATIONAL EDUCATIONAL PARTNER OF USA
GYMNASTICS



WHO IS PCA?

80,000+ Coaches Trained

Over **3.3 Million** Youth Reached

2,500 Live Workshops

1,000,000+ visits to PCADevZone.org

* Annual national statistics



PCA'S VISION



Use:

- Sport psychology research
- Best practices of great coaches to develop

**Better Athletes
Better People**



PCA'S MODEL OF COACHING

The Double-Goal Coach

STRIVING
TO WIN

TEACHING
LIFE
LESSONS



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TO WIN
&

TEACHING
LIFE
LESSONS



REFLECTION

Hard worker

Inspirational

Classy



TRIPLE-IMPACT COMPETITOR

1. MAKES SELF BETTER

ELM Tree of Mastery

2. MAKES TEAMMATES BETTER

Filling the Emotional Tank

3. MAKES GAME BETTER

ROOTS of Honoring the Game



Development Zone™



Single-Goal Leader

Shapes Culture:

- Creates and defends a Development Zone

Second-Goal Parent®

Focuses on:

- Helping kids absorb life lessons

BETTER ATHLETES
BETTER PEOPLE

Double-Goal Coach®

Strives to:

- Win
- Teach life lessons and build character

Triple-Impact Competitor® Athlete

Works to better:

- Self
- Teammates
- Game



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TENTATIVE PLAY



Your athletes tend to perform tentatively against tough competition.

What can you do?



Principle # 1

The ELM Tree of Mastery



The ELM Tree of Mastery



Scoreboard Definition

Results
Comparison with Others
Mistakes are not OK

Mastery Definition

Effort
Learning
Mistakes are OK



The ELM Tree of Mastery



Research Shows: **Mastery Climate**

Anxiety goes **DOWN**

Self-Confidence goes **UP**



THE ELM TREE OF MASTERY



Mastery gives players a feeling of control

Work harder
Stick to it longer



TENTATIVE PLAY



Your athletes tend to perform tentatively against tough competition.

What can you do?



ELM TOOLKIT

Take-aways

- Focusing on effort is the key to performance
- Assertive performance comes when there is no fear of mistakes

TOOLKIT: Become a Noticer

TOOLKIT: Reward Effort especially unsuccessful effort

TOOLKIT: Mistake Ritual



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RECEIVABLE FEEDBACK



You know that athletes thrive on positive feedback, but your team has been struggling and needs a lot of correction.

As a Double-Goal Coach, how can you give them the feedback they need to improve without discouraging them?



Principle # 2

Filling the Emotional Tank



“



There are people who will bring you down in life. And then there are people who bring you up. You want to be around the ones who fill your tank. We had a lot of them on the team.

”



Julie Foudy

PCA National Advisory Board Member

US National Team Captain

World Cup Champions, 1991 & 1999



Filling the Emotional Tank



Athletes with an **empty** tank

are pessimistic
give up more easily
are less coachable

Athletes with a **full** tank

are optimistic
deal better with adversity
are more coachable



Filling the Emotional Tank



What drains the tank?

- Criticism and correction
- Sarcasm
- Ignoring
- Non-verbals
- Cliques
- Hazing

What fills the tank?

- Truthful, specific praise
- Expressing appreciation
- Listening
- Non-verbals
- Belonging
- Positive Initiation



E-TANK FEATURED TOOL

5 : 1

Positives to Criticism

TOOLKIT: “Magic” + / – Ratio



E-TANK FEATURED TOOL

What is the one thing most coaches can do to be more effective?

Increase their + / - Ratio!



RECEIVABLE FEEDBACK



You know that athletes thrive on positive feedback, but your team has been struggling and needs a lot of correction.

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E-TANK TOOLKIT

Tools for effective Receivable Feedback

- Avoid non-teachable moments
- Criticize in private
- Ask permission
- Use If-Then Statements
- Criticism Sandwich



E-TANK TOOLKIT

Tools to help you reach the + / - Ratio!

- Buddy System
- Positive Charting
- Winner's Circle



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ROOTS of Honoring the Game



BAD CALL



Your athlete has just received what you consider to be an unfairly low score on her routine.

What can you do?



Principle # 3

Honoring the Game



“



The game is sacred. It's a sacred field you walk on when you go to play. The game is forever; players and coaches are not. When you are out on the field, you must remember your legacy and what you are representing. ”



Herm Edwards

PCA National Advisory Board Member

Former NFL Head Coach & Player



Rules

Opponents

Officials

Teammates

Self



BAD CALL



Your athlete has just received what you consider to be an unfairly low score on her routine.

What can you do?



HONORING THE GAME TOOLKIT

Double-Goal Coach Moment of Truth

- Model and Teach HTG
- Self-Control Routine
- Narrated Modeling



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TOOLKIT

- **ELM Tree of Mastery**

Become a Noticer | Reward Unsuccessful Effort | Mistake Ritual

- **E-Tank 5:1 Ratio**

Buddy System | Positive Charting | Winner's Circle

- **Honoring the Game**

Model & Teach | Self-Control Routine | Narrated Modeling

Which tools would help your team the most?



E-TANK FEATURED TOOL

What is the one thing most coaches can do to be more effective?

Increase their + / - Ratio!





TRIPLE-IMPACT COMPETITOR[®] SCHOLARSHIP

DEADLINE MAY 31st
FOR HIGH SCHOOL JUNIOR STUDENT-ATHLETES

www.positivecoach.org/scholarships

PCA Online Courses



Double-Goal Coach:

- Coaching for Winning & Life Lessons - [USAGymnasticsDGC03](#)
- Culture, Practices & Games - [USAGymnastics03](#)
- Developing Competitors - [USAGymnasticsDC03](#)

Officials:


- [USAGymnasticsOff03](#)



Ways to Get Involved with PCA

Additional Resources:

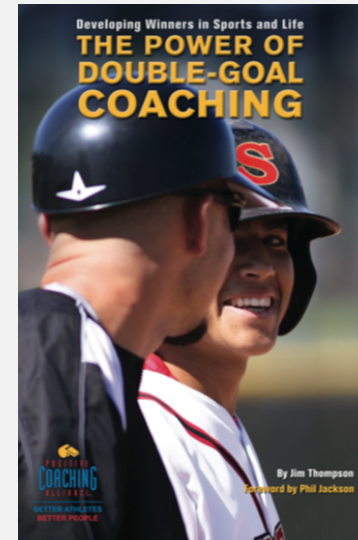
- Sign up for Coaches Talking Points
- Read The Power of Double-Goal Coaching by Jim Thompson
- Take a PCA course through the USA Gymnastics University
- Bring PCA to your school or organization – over 17 locations around the country



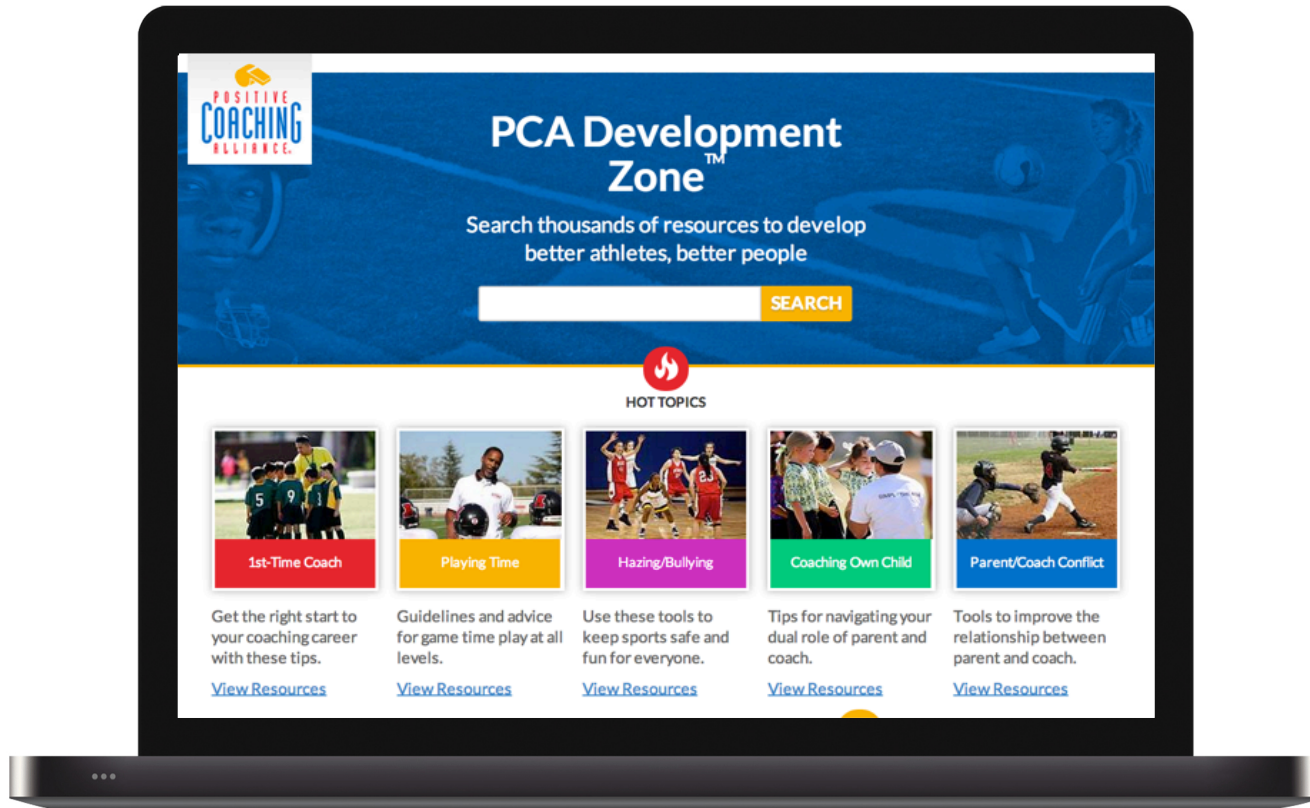
by POSITIVE COACHING ALLIANCE

WEEK NINE: FILLING EMOTIONAL TANKS (Winner's Circle)

- Part of being a **Triple-Impact Competitor**® is to help the team do well by making your teammates better.
- One way to do that is by filling the **Emotional Tanks** of our teammates.



Find over 2,000 resources here!



PCADevZone.org



Contact Us



To find out more about any PCA resources and courses at USA Gymnastics University please contact:

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