“Motivating the 21st Century Athlete”

Your Coach: Dr. Jeff Duke
Are You Teachable and Coachable... Or Rigid?

“IT’S WHAT YOU LEARN AFTER YOU KNOW IT ALL THAT SEPARATES THE GREAT COACHES FROM THE AVERAGE ONES.”

-John Wooden
Today’s Strategic Game Plan
The “3 P’s”

**Purpose:** Give you Tools for Your Tool Box as a 21st Century Coach

**Process:** Discuss “3” Dimensional Coaching and train you in the 4.5 Crucial Components of Next Level Coaching

**Payoff:** You will have a very strategic vision for yourself as a Coach of Excellence
What is a Coach’s Job?

“A Coach’s job is to help an individual or a team get to a level that they cannot get to by themselves...”
What is a Player’s Job?

“A Player’s job is to control the only 2 things they can control... their Attitude & Effort.”

(handling Mistakes)
A Coach of Excellence knows the Key
To great leadership is...

Your ability to Capture people’s hearts!

“People don’t care what you know,
Until they know how much you care about them!”
Inside – Out Coaching

Coaching Point:
If you hope to maximize potential and sustain high levels of performance your team members must be intrinsically motivated.
A Coach of Excellence
Understands that if you want to maximize performance and potential,
Today’s players must be driven by their hearts and not just blind obedience
The Coach’s Influence

...and all whom they influence...

One coach will impact more young people in one year than the average person will in a lifetime.

So, who is coaching the coaches?
The Coach’s Dimensional Pyramid

FIRST DIMENSION
Scientific Materialism
Physical / Body

“FUNDAMENTALS”
The Coach’s Dimensional Pyramid

“FUNDAMENTALS”
- Strength
- Power
- Cardiovascular
- Speed
- Quickness
- Technique
- Repetition
- Tactics

FIRST DIMENSION
Physical / Body
Scientific Materialism
The Coach’s Dimensional Pyramid

**SECOND DIMENSION**
- Dualism
- Body / Mind

**FIRST DIMENSION**
- Physical / Body
- Scientific Materialism

“PSYCHOLOGY”

“FUNDAMENTALS”
The Coach’s Dimensional Pyramid

“PSYCHOLOGY”
- Motivation
- Confidence
- Intensity
- Focus
- Emotions
- Mental Imagery
- Goal Setting
- Team Cohesion

“FUNDAMENTALS”

SECOND DIMENSION
Body / Mind
Dualism

“FUNDAMENTALS”

SECOND DIMENSION
Body / Mind
Dualism
The Coach’s Dimensional Pyramid

THIRD DIMENSION
Holism
Body / Mind / Spirit

SECOND DIMENSION
Body / Mind
Dualism

FIRST DIMENSION
Physical / Body
Scientific Materialism

“HEART”

“PSYCHOLOGY”

“FUNDAMENTALS”
The Coach’s Dimensional Pyramid

THIRD DIMENSION
Body / Mind / Spirit
Holism

“HEART”
✓ Soul
✓ Spirit

“FUNDAMENTALS”
The Coach’s Dimensional Pyramid

**THIRD DIMENSION**
Holism
Body / Mind / Spirit

**SECOND DIMENSION**
Body / Mind
Dualism

**FIRST DIMENSION**
Scientific Materialism
Physical / Body

"HEART"

"PSYCHOLOGY"

"FUNDAMENTALS"
Results of the Three Dimensional Coach
“Capturing the Heart of the Athlete”

Athletes:

• Learn skills more quickly (more attentive).
• Higher fitness compliance (work harder).
• Shorter rehabilitation (injury recovery).
• More adaptable to new conditions (“on the road”).
• Freedom to be creative (coach-speak – “is a gamer”).
• Deeper relationship between coach and athlete (learning life’s lessons).
Motivation Module