

Matters of Coaching & Coaching Matters

Vern Gambetta
Gambetta Sports Training Systems
Sarasota, Florida



whereWill**you**Stand?



whereWill**you**Stand?

...your Choice!



You snooze, you lose!



You snooze, you lose!



The world will pass you by!





Radio - 50 years



Radio - 50 years





Radio - 50 years



TV - 45 years



Radio - 50 years



TV - 45 years





Radio - 50 years



TV - 45 years



Internet - 13 years



Radio - 50 years



TV - 45 years



Internet - 13 years





Radio - 50 years



TV - 45 years



Internet - 13 years



Facebook - 9 Days!

A Coaching Journey



My journey began in
Santa Barbara California
in the late 1950's



Mr. Kuehl

1963-64 VARSITY

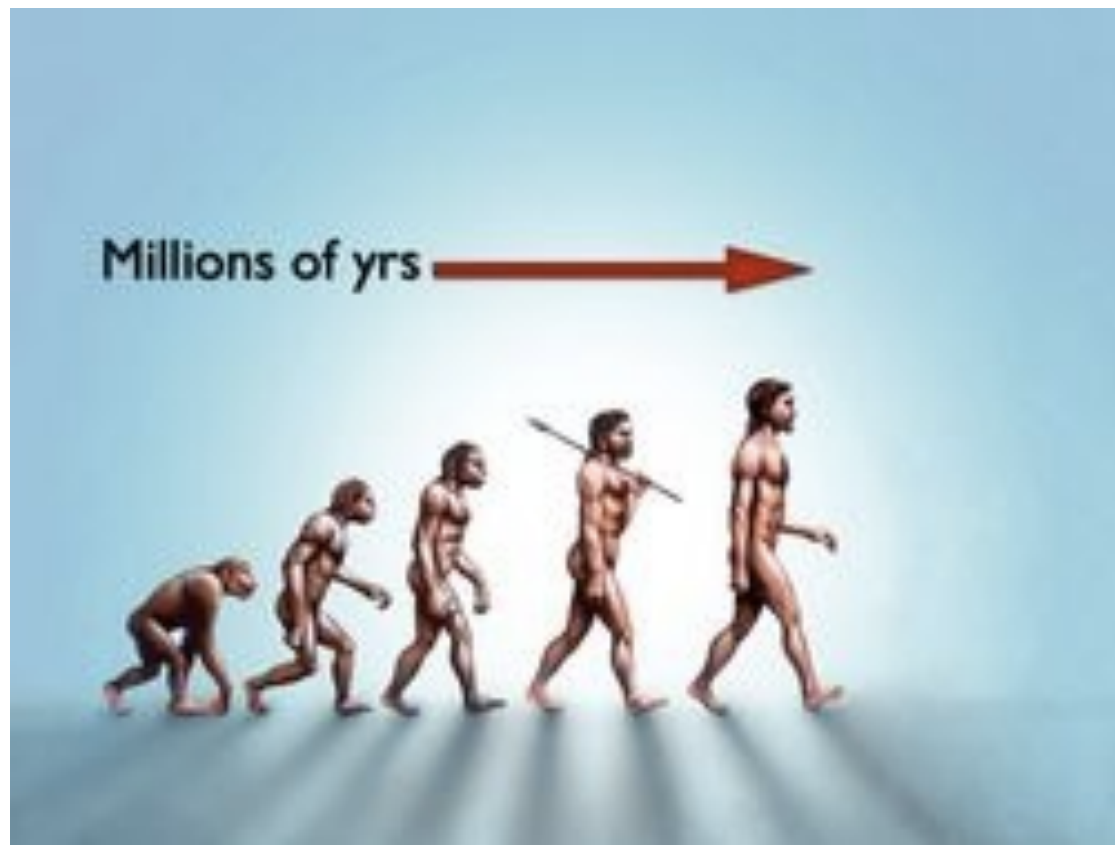


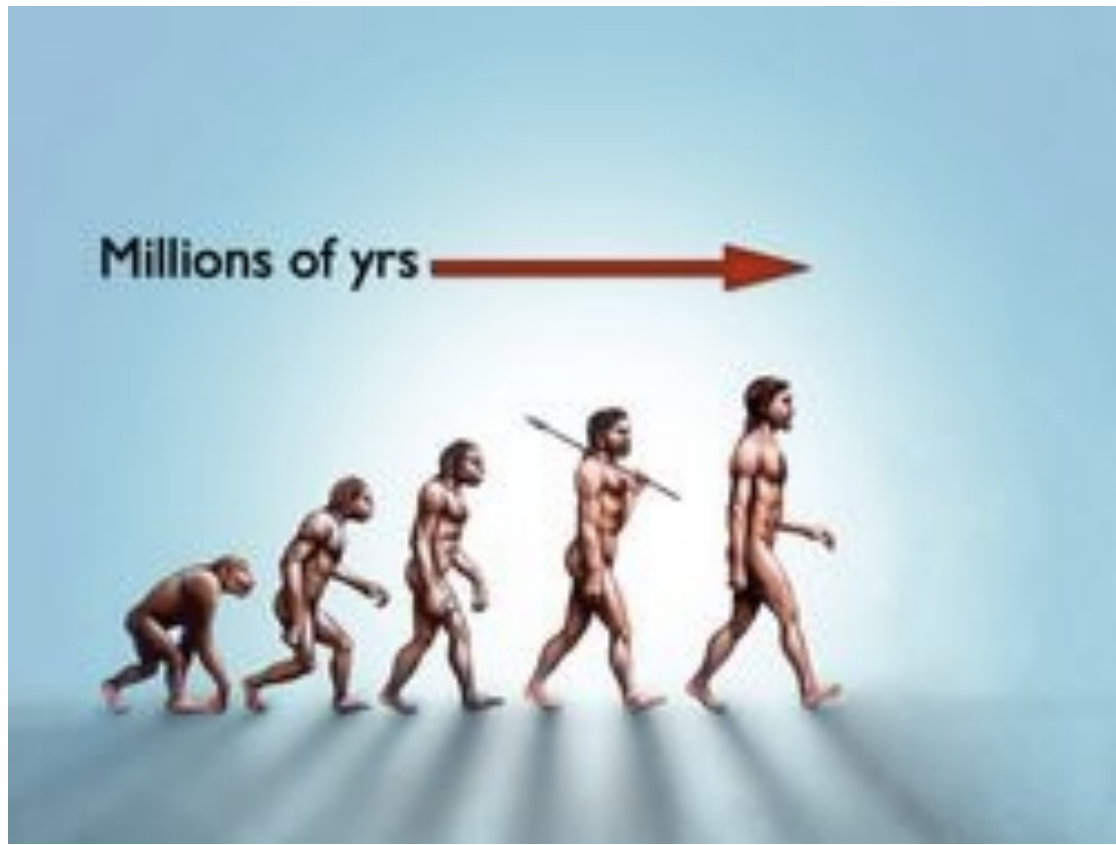
Barriers





La Cumbre Junior High School 1969 - 73

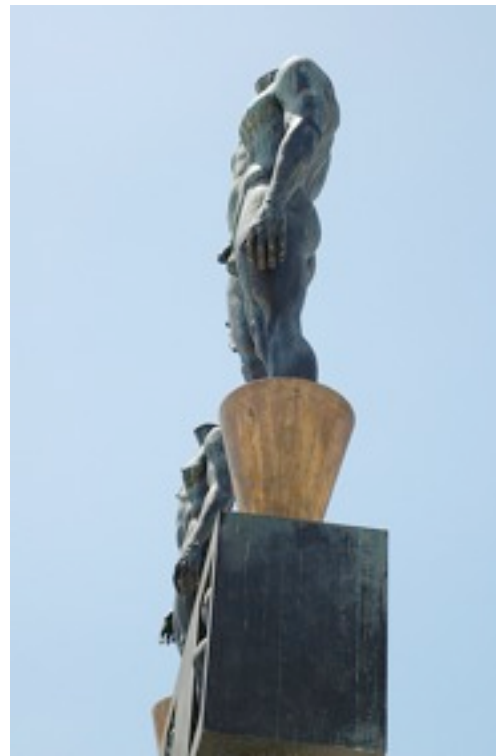




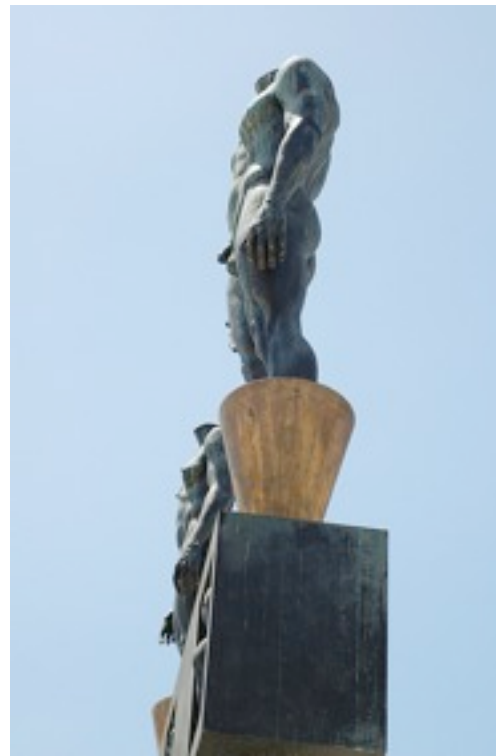
Elite Sport Reflects Society



10,000 Hours?

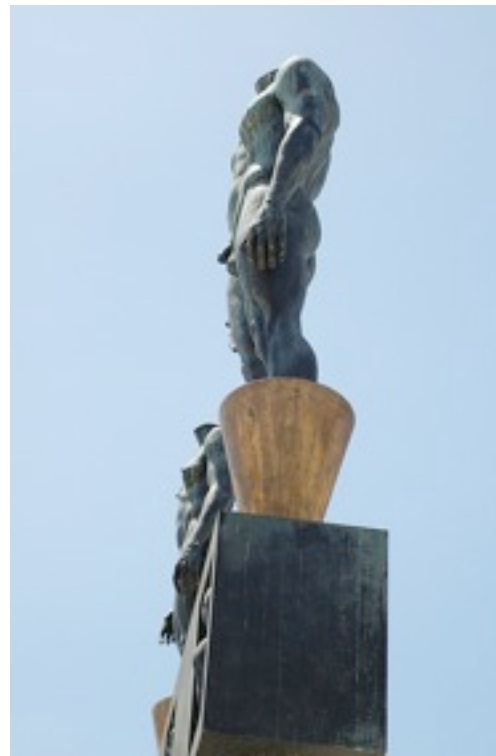


10,000 Hours?



Mandatory DAILY Physical Education

10,000 Hours?



Mandatory DAILY Physical Education

Taught by Trained Educators



4th Place to Gold Medal



4th Place to Gold Medal

Men - 1.88%



4th Place to Gold Medal

Men - 1.88%

Women - 2.44%

Accountability

Bottom Line

Accountability

Jump Higher or Farther

Bottom Line

Accountability

Jump Higher or Farther

Throw Farther

Bottom Line

Accountability

Jump Higher or Farther

Throw Farther

Run Faster

Bottom Line

D. Coaching

D. Coaching

Design Thinking

D.Mindsets

D.Mindsets

<http://dschool.typepad.com>

How many of you coach?

How many of you coach?

Sprints & Hurdles

How many of you coach?

Sprints & Hurdles

Jumps

How many of you coach?

Sprints & Hurdles

Jumps

Throws

How many of you coach?

Sprints & Hurdles

Jumps

Throws

Distance

How many of you coach?

Sprints & Hurdles

Jumps

Throws

Distance

Combined Events









Not something you do, something
you are!





A dramatic black and white photograph of a stage. A single spotlight shines down from above, creating a bright, oval pool of light on the dark floor. The word "Athlete" is written in a large, bold, black sans-serif font, centered within the illuminated area. The background is dark and out of focus, with some faint light patterns suggesting a stage setting.

Athlete



Nurturing the Athlete



Nurturing the Athlete




Timing

D.Mindsets


Show Don't Tell



A close-up photograph of a chimpanzee's face. The chimpanzee has its mouth wide open, revealing its teeth and tongue. Its hands are raised near its ears. The background is a solid green color.

Learning how to say smart things and
give smart answers may seem important.



A beagle dog is the central focus of the image. It has large, floppy ears that are held up in a wide, symmetrical V-shape. The dog's face is white with brown patches around its eyes and on its ears. It has a black nose and its mouth is slightly open, showing its teeth. The background is a solid, bright yellow. The text is overlaid on the lower half of the image.

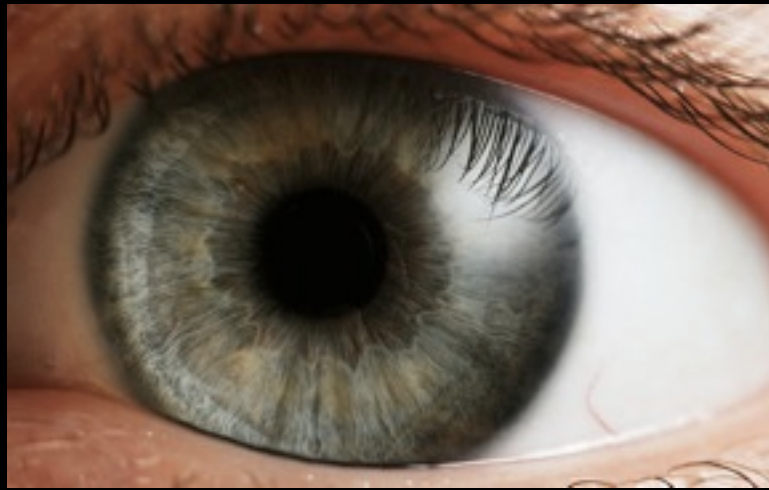
Learning to listen to others and to ask smart questions is much more important.





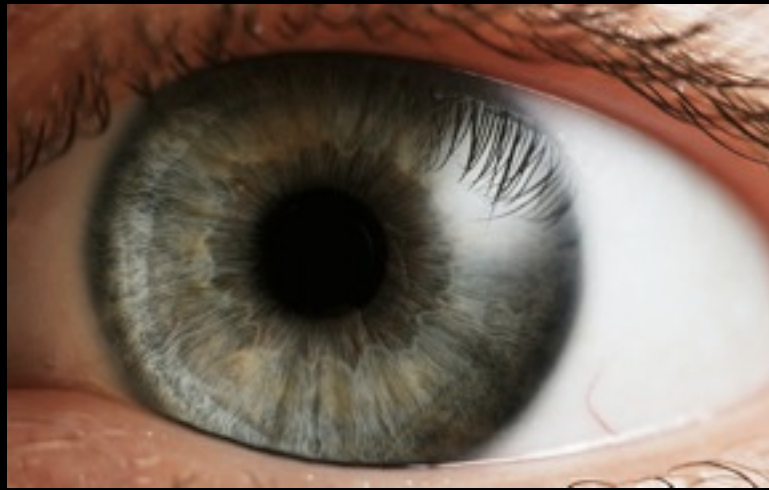
2 Ears

2 Ears





2 Ears



2 Eyes



2 Ears



2 Eyes





2 Ears

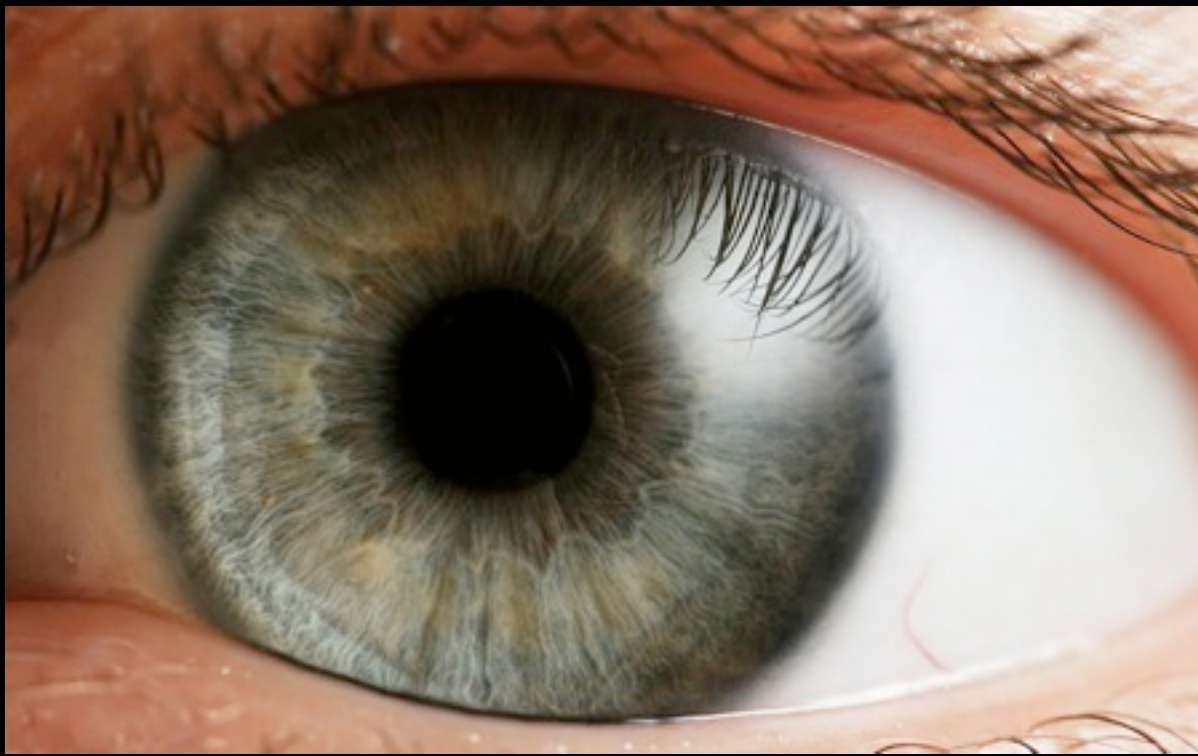


2 Eyes

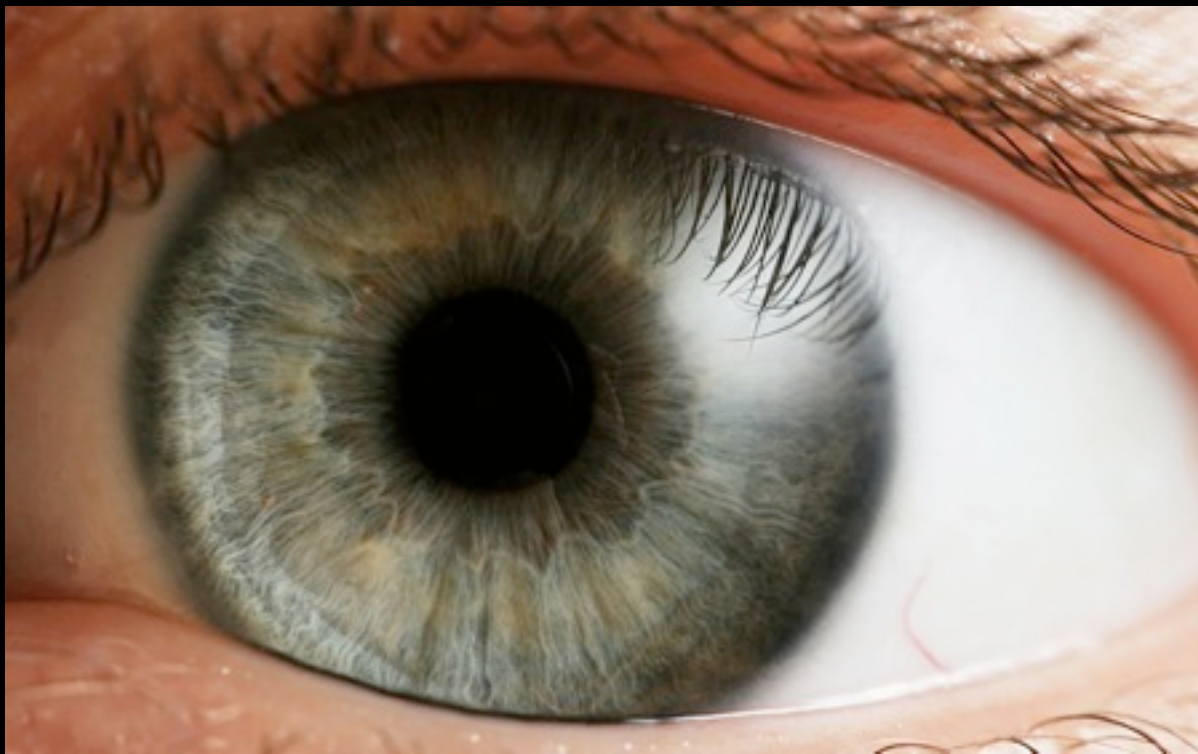


1 Mouth

Coaching Eye

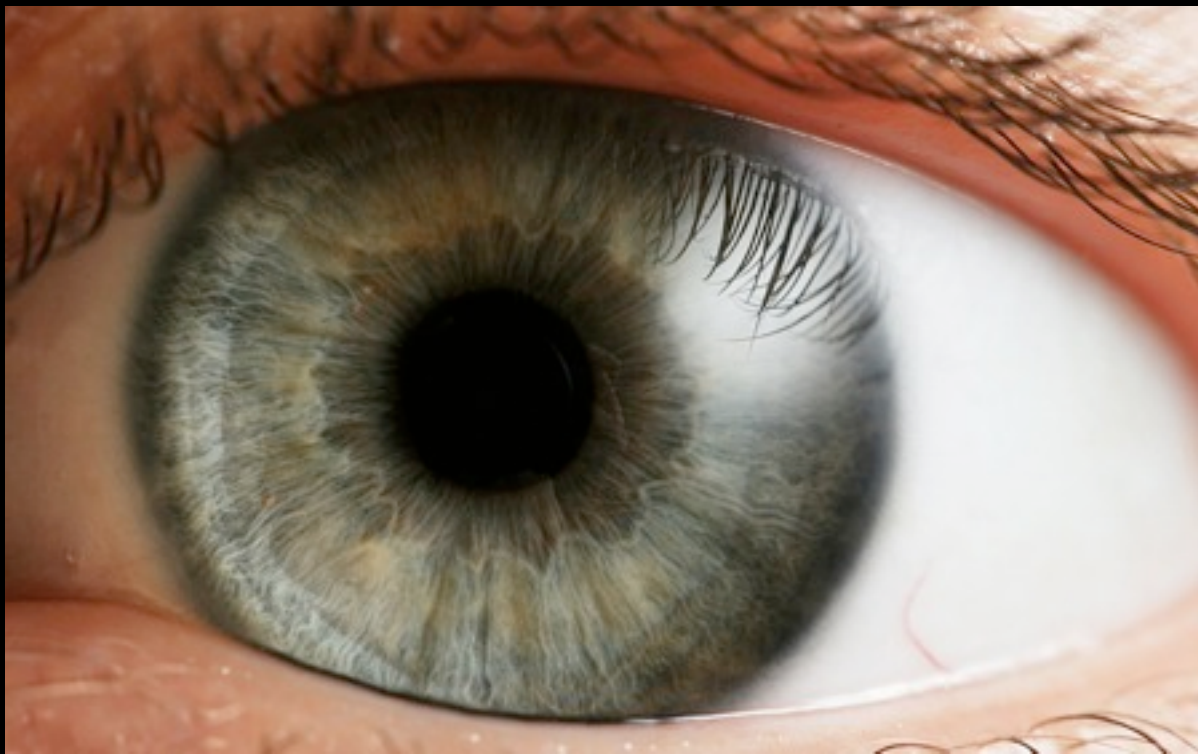


Coaching Eye



Beware, there is often
a strong confirmation
bias

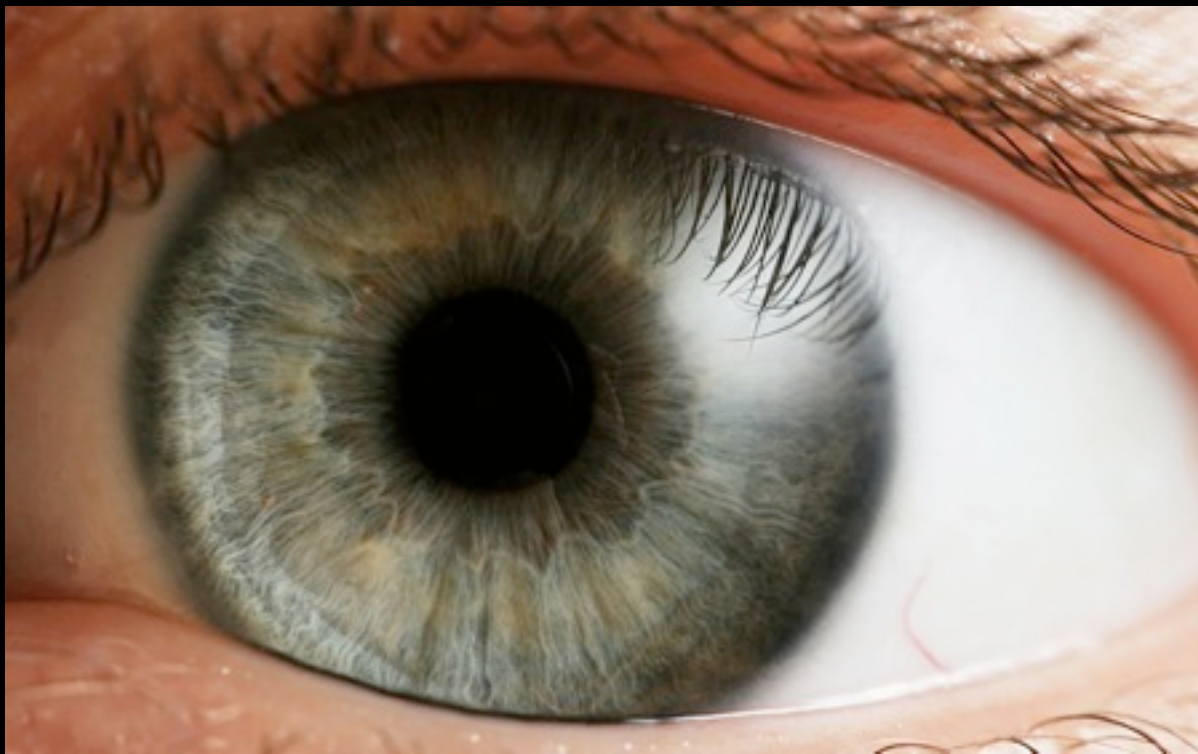
Coaching Eye



Beware, there is often
a strong confirmation
bias

You often see what you
are looking for

Coaching Eye



Beware, there is often
a strong confirmation
bias

You often see what you
are looking for

The art of coaching must be learned

Learning Styles



Learning Styles

Auditory - Talk It



Learning Styles

Auditory - Talk It

Visual - Chalk It

Learning Styles

Auditory - Talk It

Visual - Chalk It

Kinesthetic - Walk It

D.Mindsets

Focus on Human Values



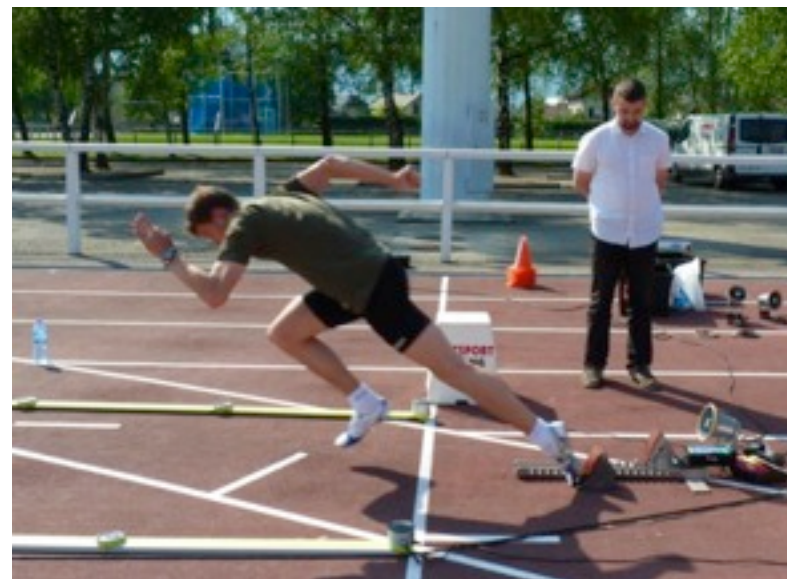
We're athletes.
We're not integers
in a formula."

Chris McCormack, Ironman Champion



Coaching is a
growth process step
by step together
with our athletes

Technology opens new horizons & possibilities



Technology opens new horizons & possibilities

Humans make it work!



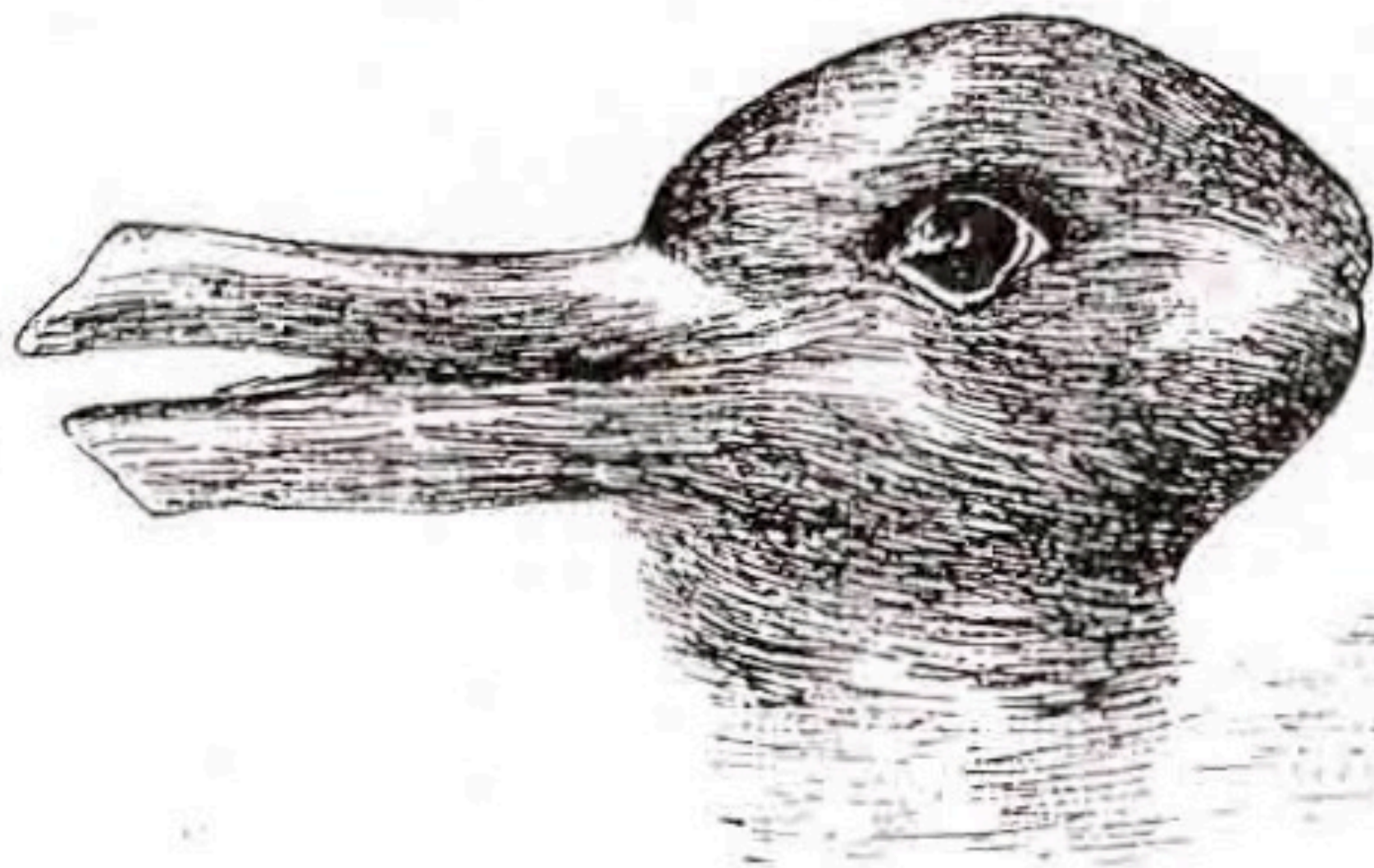


Lest we
forget

"Scientists should be on tap,
not on top"

D.Mindsets

Craft Clarity







Perspective

Know what you know



Know what you know

“It’s taken me all my
life to learn what not
to play.” Dizzy Gillespie



Quality

Quality

A Measure of
Perfect!

D.Mindsets

Embrace Experimentation





You can't do what you
have always done



You can't do what you
have always done





Sacred Cows



Sacred Cows



Beliefs, Opinions,
Myths & So-called
Best Practice

Sacred Cows



Beliefs, Opinions,
Myths & So-called
Best Practice

Don't be limited by
any of these

A photograph of two female sprinters in a relay race on a red track. The athlete on the left, wearing a blue and black uniform, is handing a baton to the athlete on the right, who is wearing a red shirt and black shorts. Both are in full sprinting motion. In the background, several other people are visible, including a man in a white shirt and red cap, and another man in a white shirt and sunglasses. The text "Beware of the tyranny of dead ideas" is overlaid in white, sans-serif font across the center of the image.

Beware of the
tyranny of dead ideas

A photograph of two female sprinters running on a red track. The athlete on the left is wearing a blue and black uniform, and the athlete on the right is wearing a red and black uniform. They are both in a full running stride. In the background, there are other people, including a man in a white shirt and a man in a red shirt, and a green fence. The text "Beware of the tyranny of dead ideas" is overlaid in white, sans-serif font across the middle of the image.

Beware of the
tyranny of dead ideas

They hold us back

A photograph of two female sprinters in a relay race on a red track. The athlete on the left, wearing a blue and black uniform, is handing a baton to the athlete on the right, who is wearing a red shirt and black shorts. Both are in full sprinting motion. In the background, other people are visible, including a man in a white shirt and red cap, and another man in a white shirt and sunglasses. A green fence and a building are also visible in the distance.

Beware of the
tyranny of dead ideas

They hold us back

They defeat us

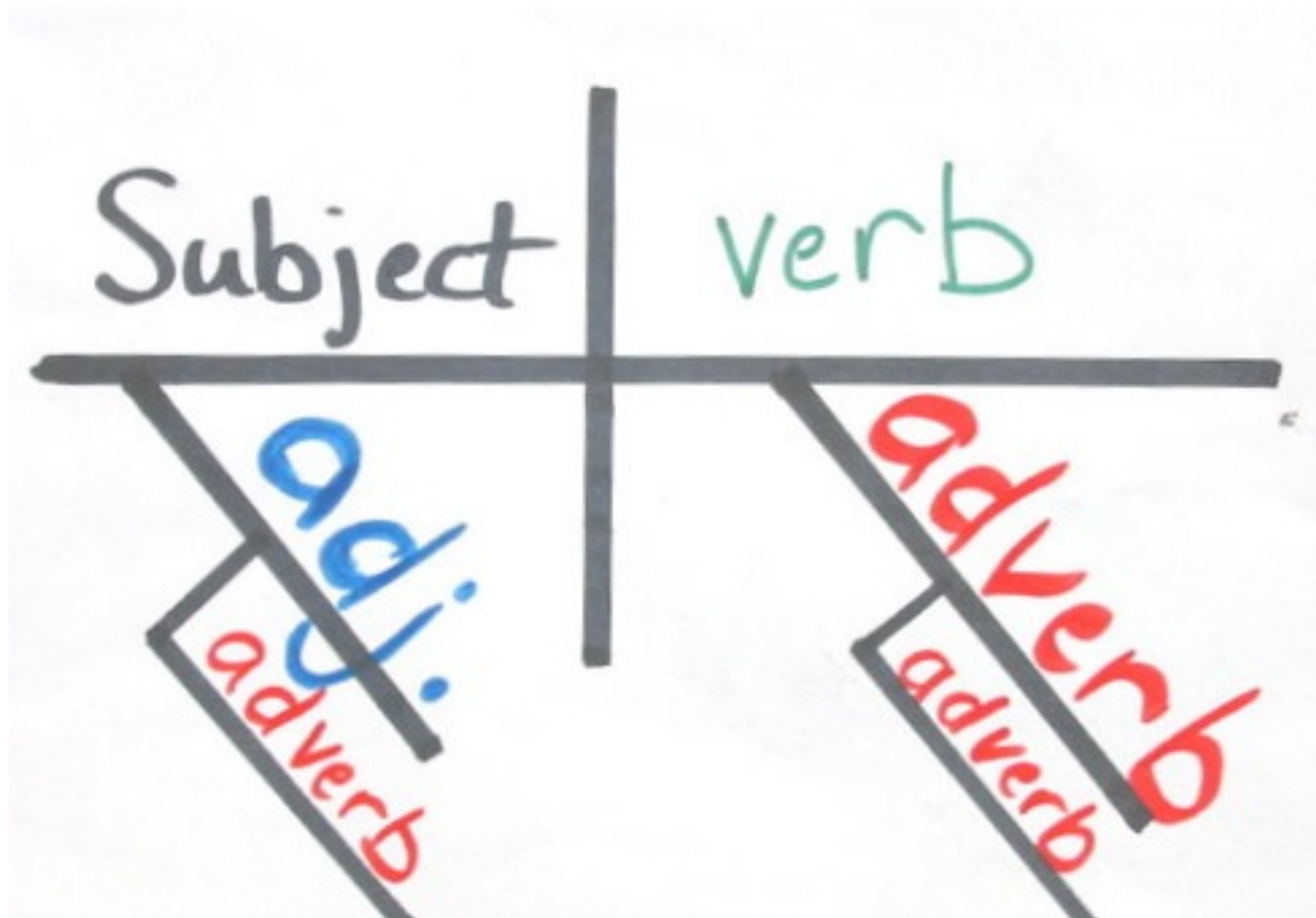
D.Mindsets

Beginners Mindset

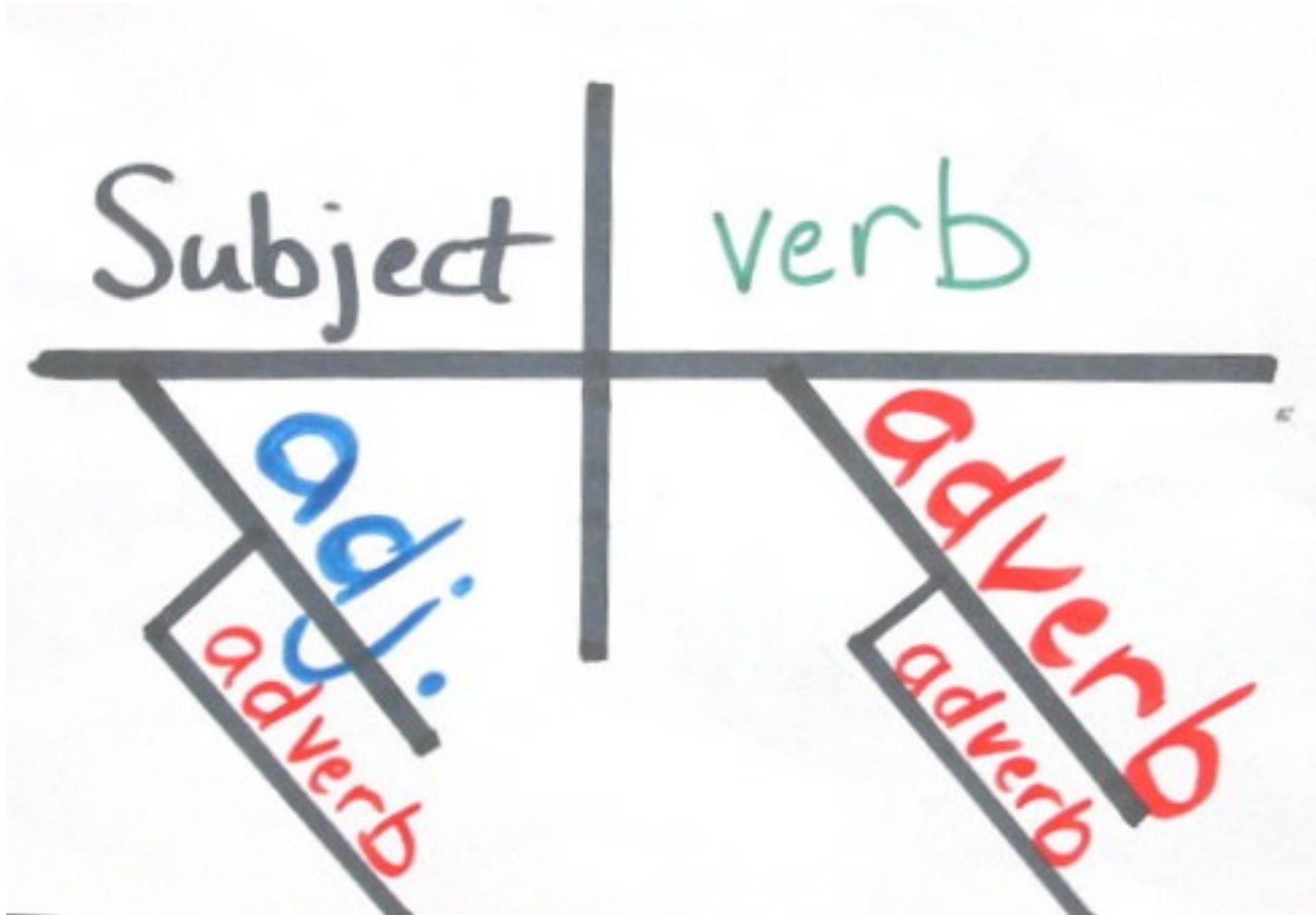




Before you can find the
answer you need to know
how to ask the question



Learn How To Learn



Where & How Are You Learning?

Where & How Are You Learning?



Where & How Are You Learning?



Beware of Internet Training Porn!

Monkey See -Monkey Do



Monkey See -Monkey Do







If in doubt
err on the side of optimism and
positive energy



D.Mindsets

Be Mindful of Process

A scenic landscape featuring a wide, light-colored gravel path that curves gently through a lush green field. To the left of the path, a rustic wooden fence with weathered posts and wire runs along the edge of the field. The field is filled with tall, vibrant green grass. On the right side of the path, several large, mature trees with dense green foliage stand prominently. In the background, a range of blue mountains is visible under a clear sky. The overall scene conveys a sense of a peaceful journey through nature.

It's a Journey

A scenic photograph of a gravel path winding through a lush green landscape. The path is made of light-colored gravel and leads from the foreground into the distance, flanked by tall green grass and several large, leafy trees. In the background, rolling green hills are visible under a clear sky. The overall atmosphere is peaceful and inviting.

It's a Journey

Do you know
the destination?



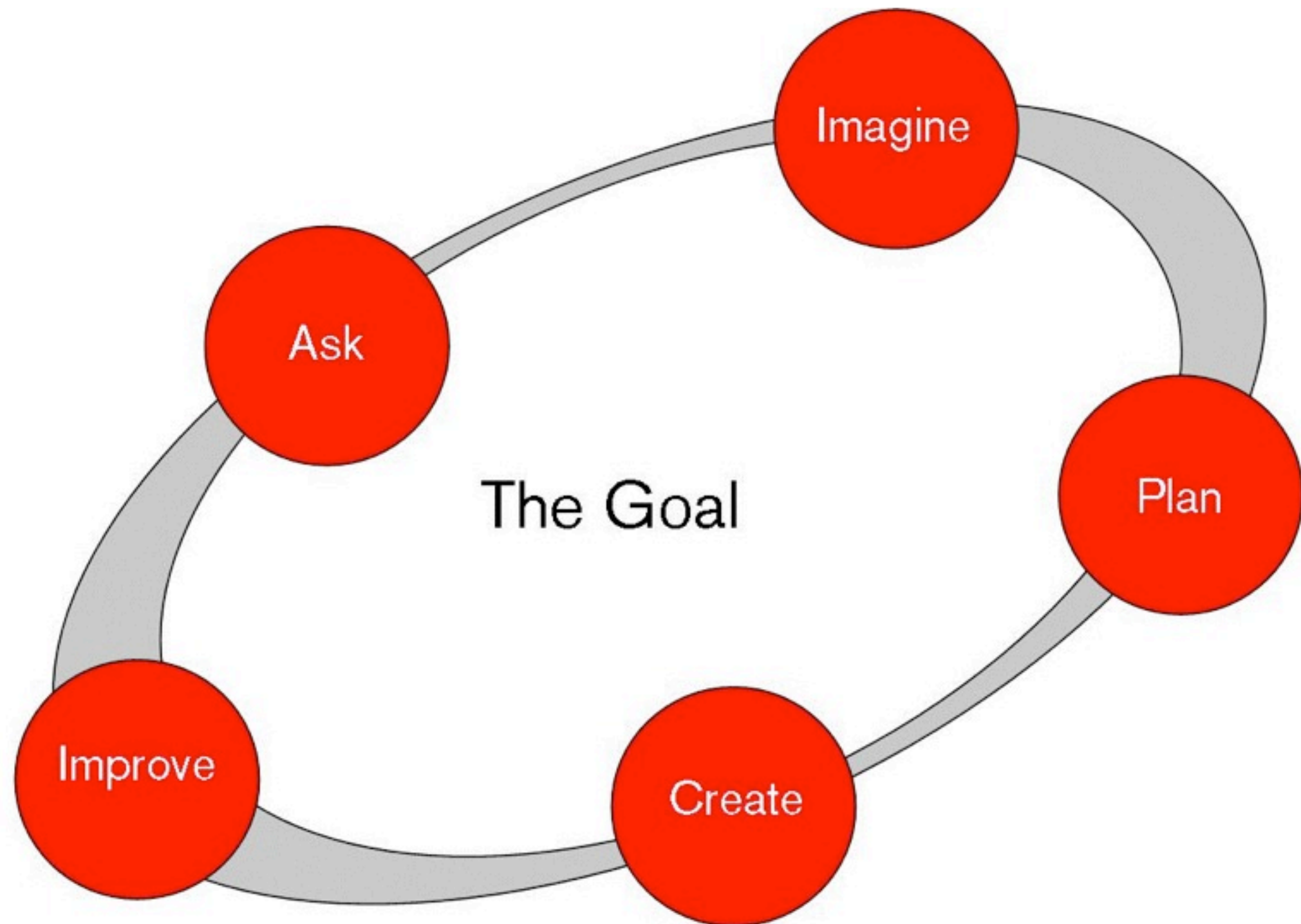
**It's a journey
that never ends**



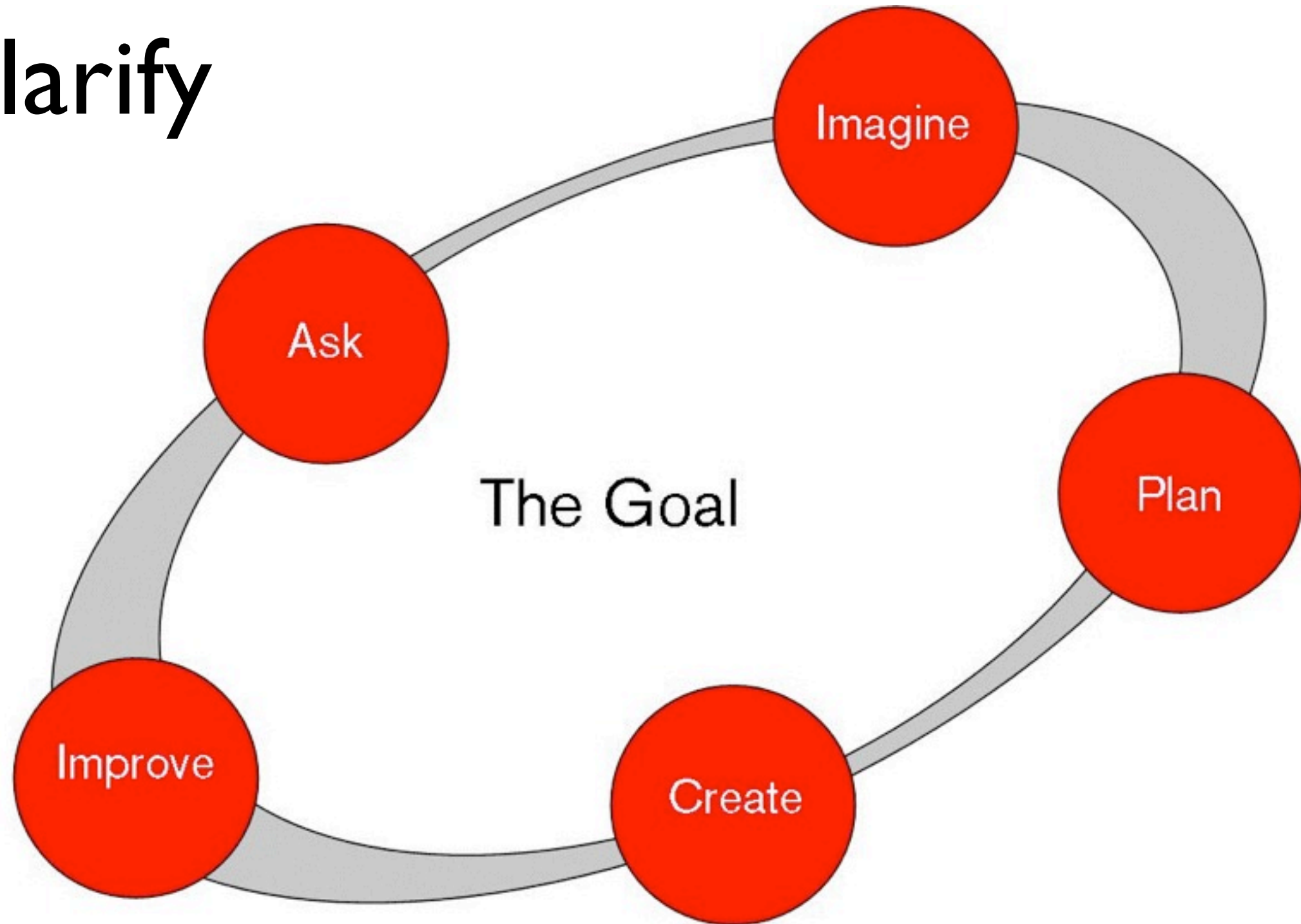
**It's a journey
that never ends**



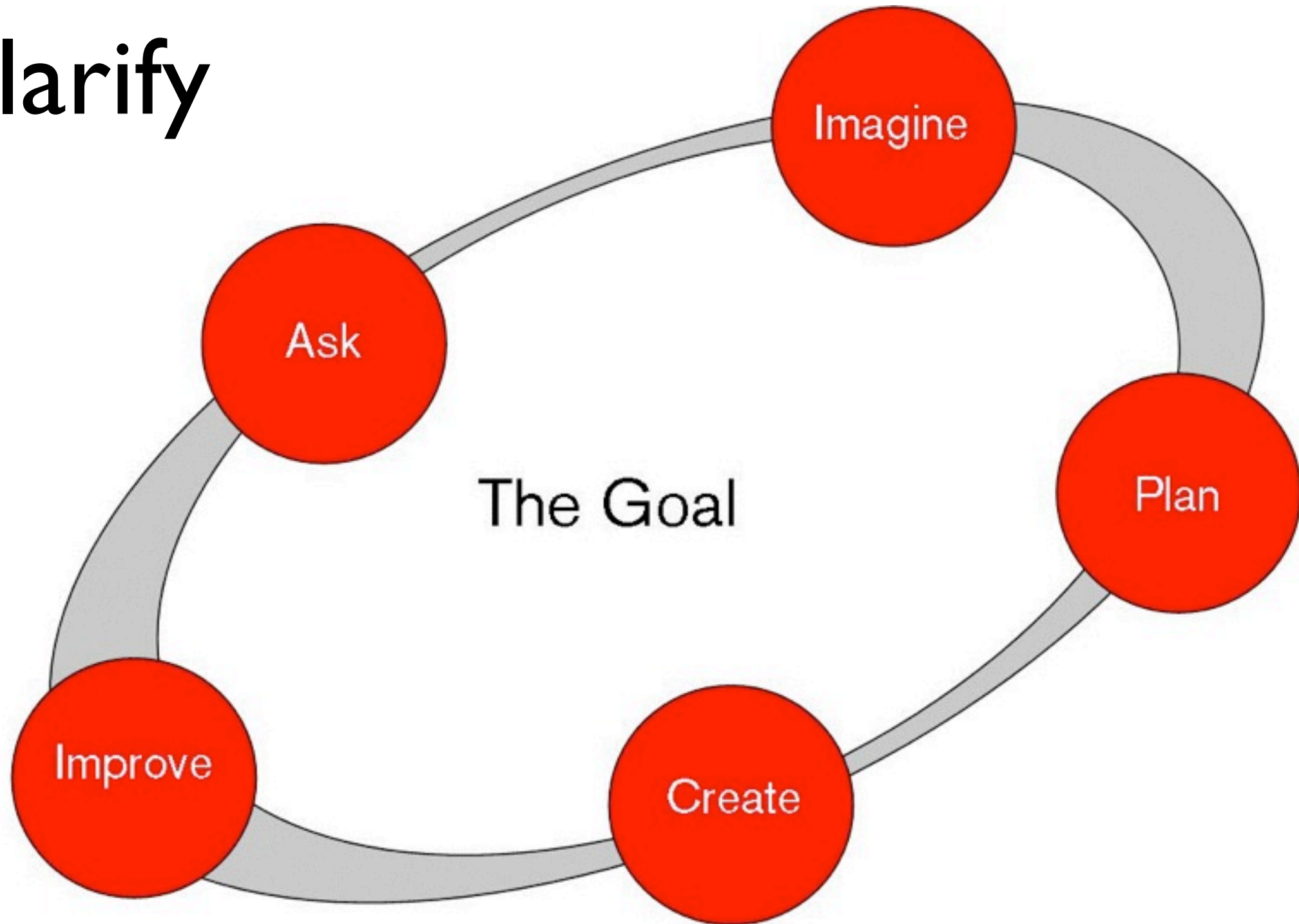
**It's a journey
that never ends**



Clarify



Clarify



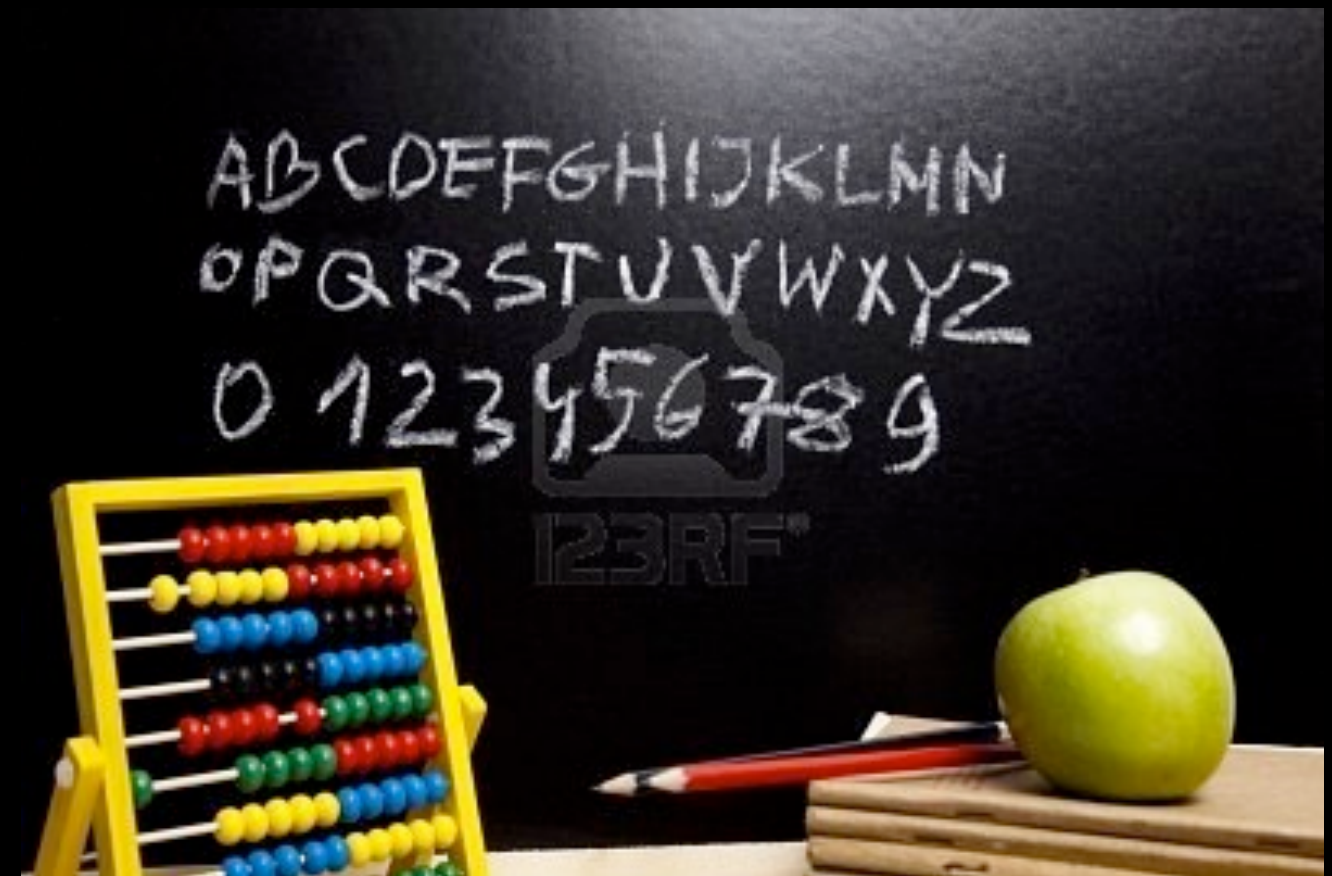
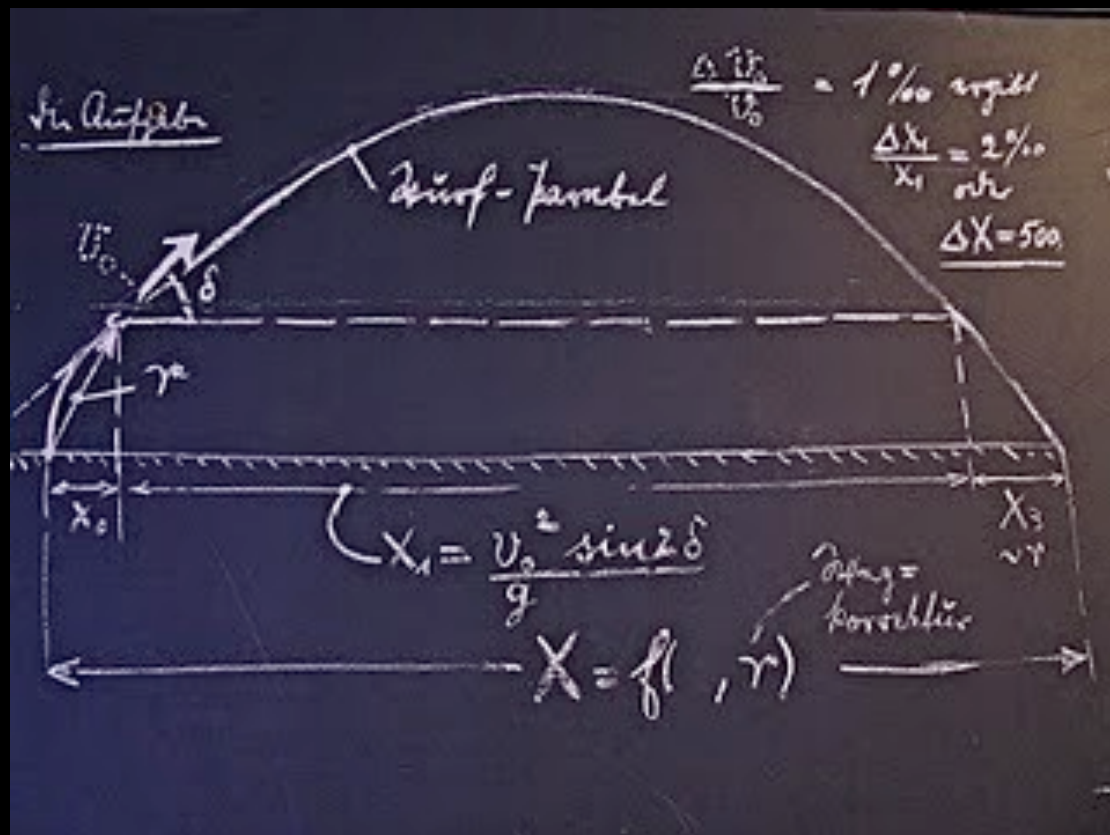
Provide a Clear Path

A male professor in a light blue button-down shirt stands in front of a chalkboard filled with chemical structures. He is gesturing with his hands while speaking. In the foreground, the backs of several students' heads are visible. One student on the left is raising their hand. The text "Coaching is teaching!" is overlaid in a large, white, cursive font across the center of the image.

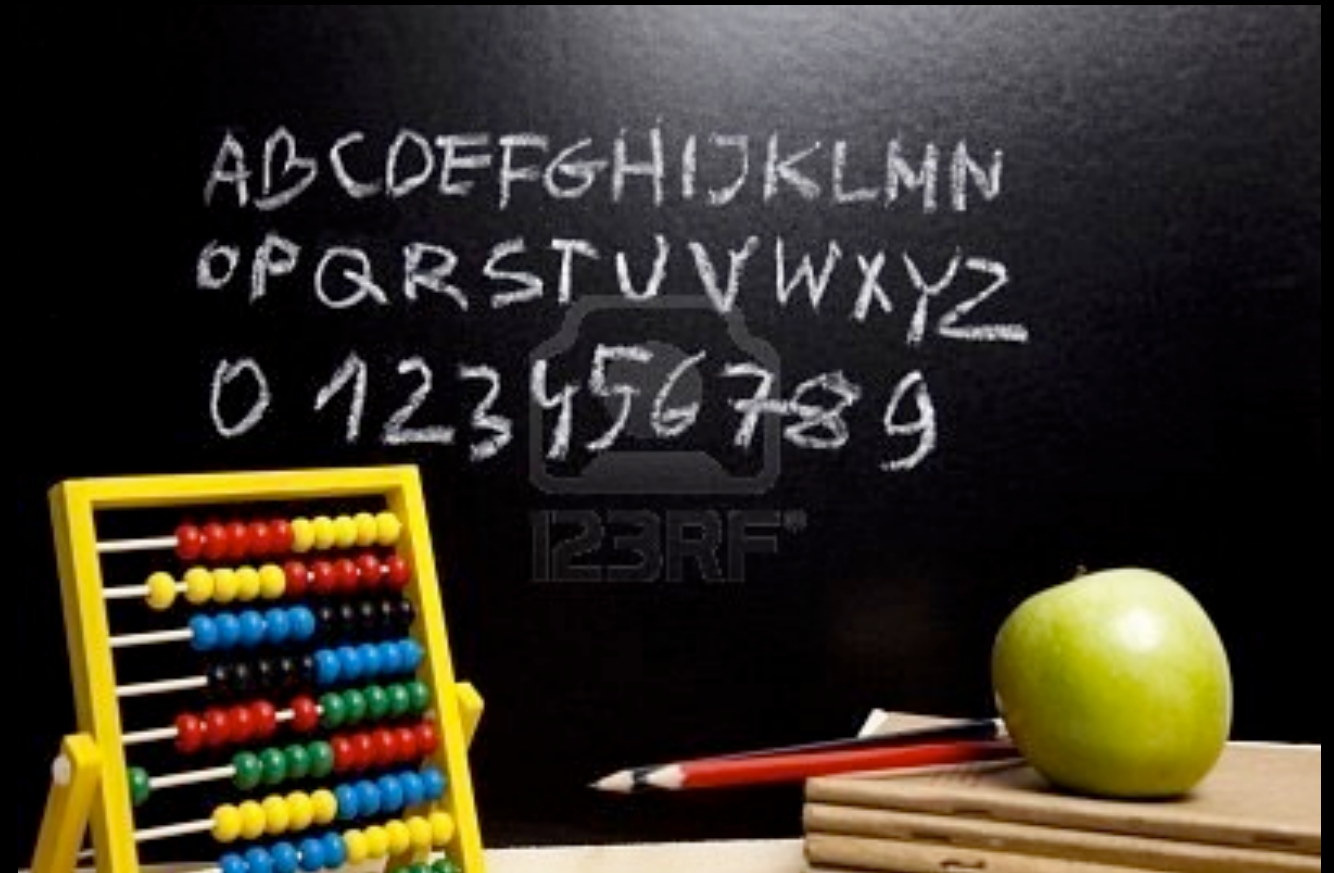
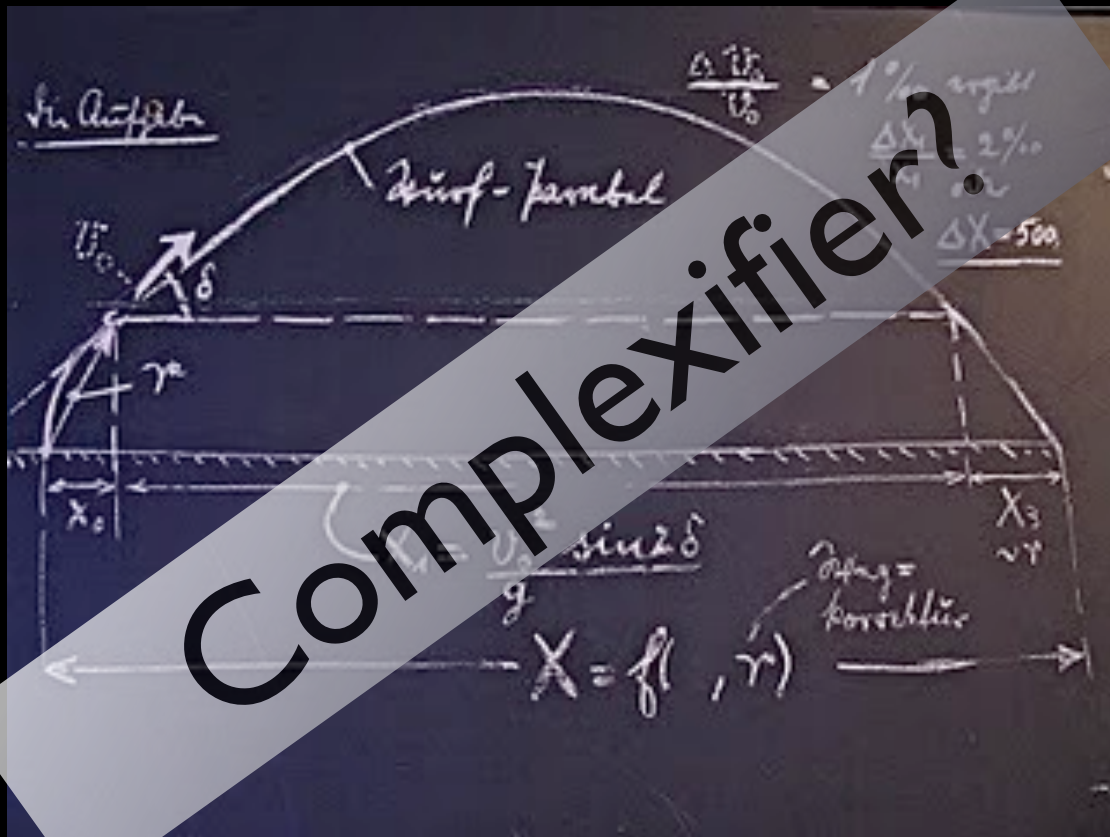
*Coaching is
teaching!*



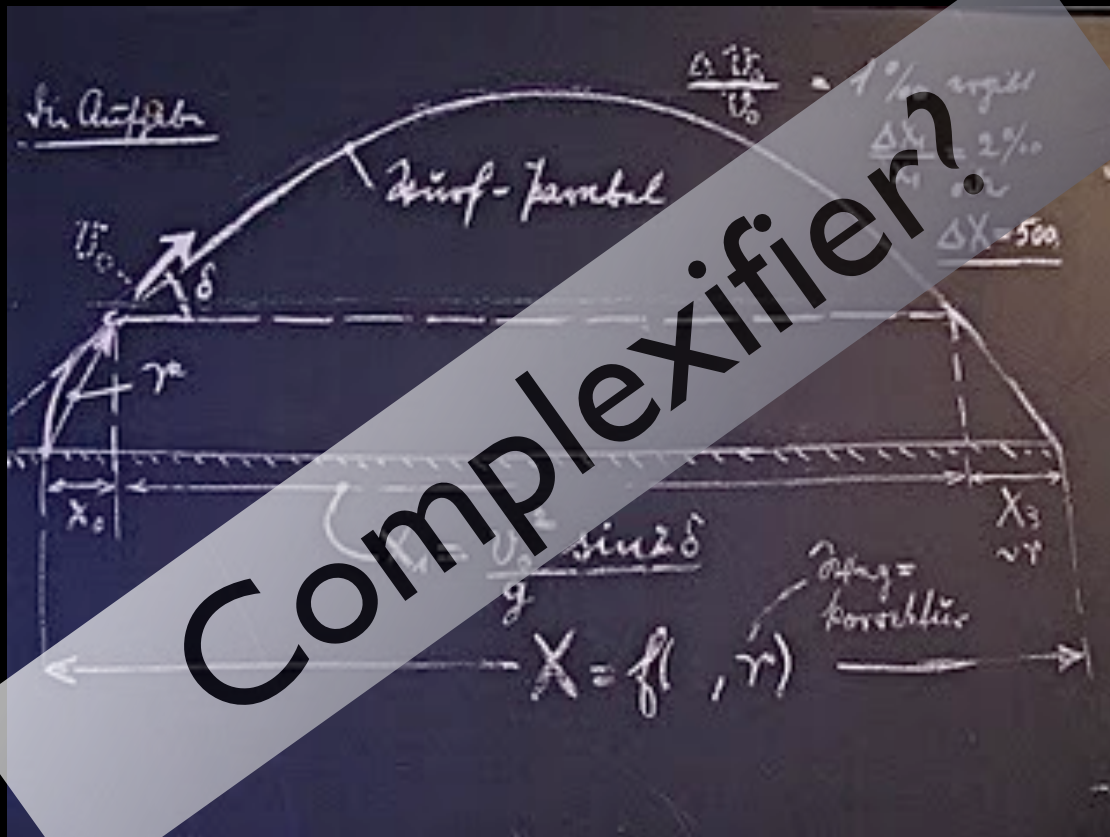
How do you coach?



How do you coach?



How do you coach?







Know the message



Know the message

Clearly communicate
the message



Know the message

Clearly communicate
the message

140 characters maximum!

John Wooden - 2,326 Acts of Teaching



John Wooden - 2,326 Acts of Teaching



6.9% Compliments

John Wooden - 2,326 Acts of Teaching



6.9% Compliments

6.6% Expressions of Discipline

John Wooden - 2,326 Acts of Teaching



6.9% Compliments

6.6% Expressions of Discipline

75% Pure Information

John Wooden - 2,326 Acts of Teaching



6.9% Compliments

6.6% Expressions of Discipline

75% Pure Information

Short

John Wooden - 2,326 Acts of Teaching



6.9% Compliments

6.6% Expressions of Discipline

75% Pure Information

Short

Punctuated

John Wooden - 2,326 Acts of Teaching



6.9% Compliments

6.6% Expressions of Discipline

75% Pure Information

Short

Punctuated

Numerous

John Wooden - 2,326 Acts of Teaching



6.9% Compliments

6.6% Expressions of Discipline

75% Pure Information

Short

Punctuated

Numerous

Rarely longer than 20 seconds!

Teaching



Teaching

Explanation



Teaching

Explanation



Practice



Teaching

Explanation



Practice



Feedback



Athlete Ownership & Responsibility



Priorities



Priorities



“If it ain’t worth doing two times week, it ain’t worth doing.” Eddie Reese, Swim Coach

90% of coaches
work is “grunt” work



Focus on the PROCESS

Focus on the PROCESS

Jump by Jump

Focus on the PROCESS

Jump by Jump

Throw by Throw

Focus on the PROCESS

Jump by Jump

Throw by Throw

Sprint by Sprint

Focus on the PROCESS

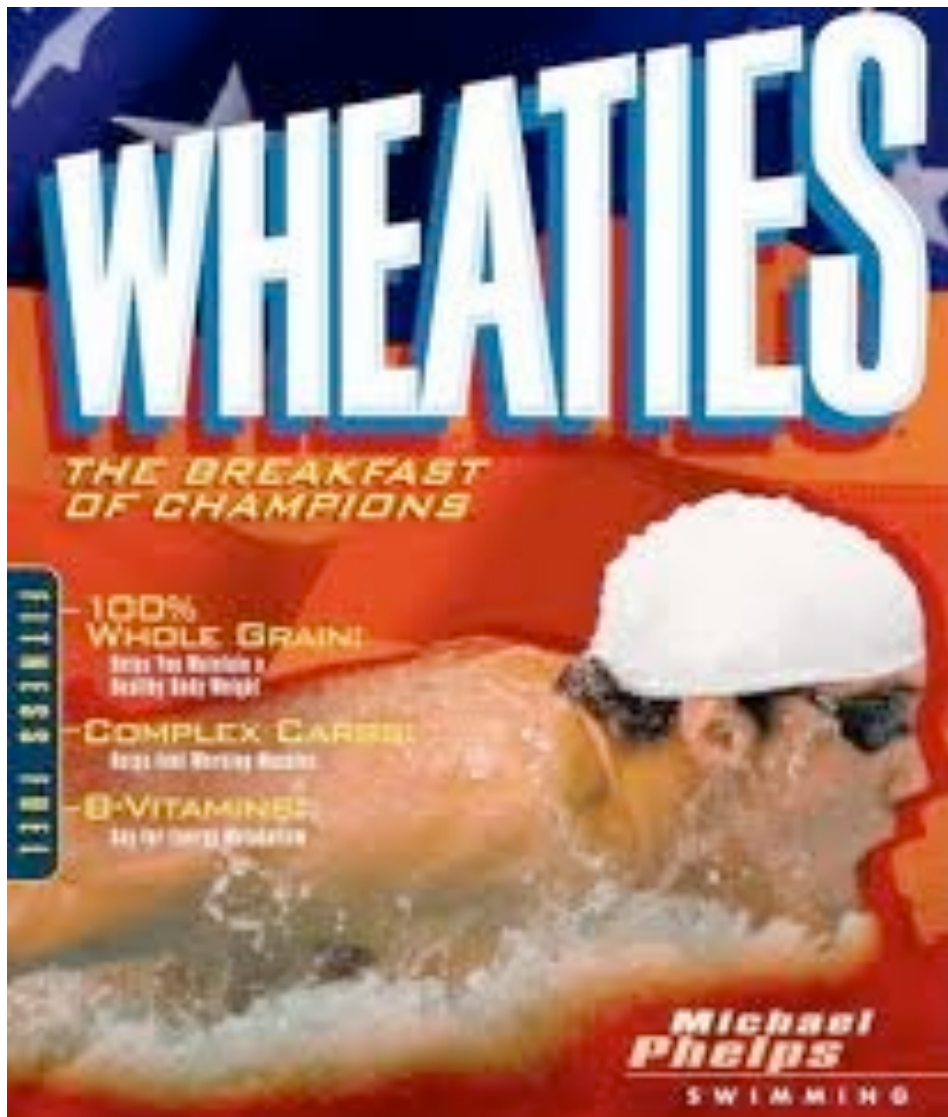
Jump by Jump

Throw by Throw

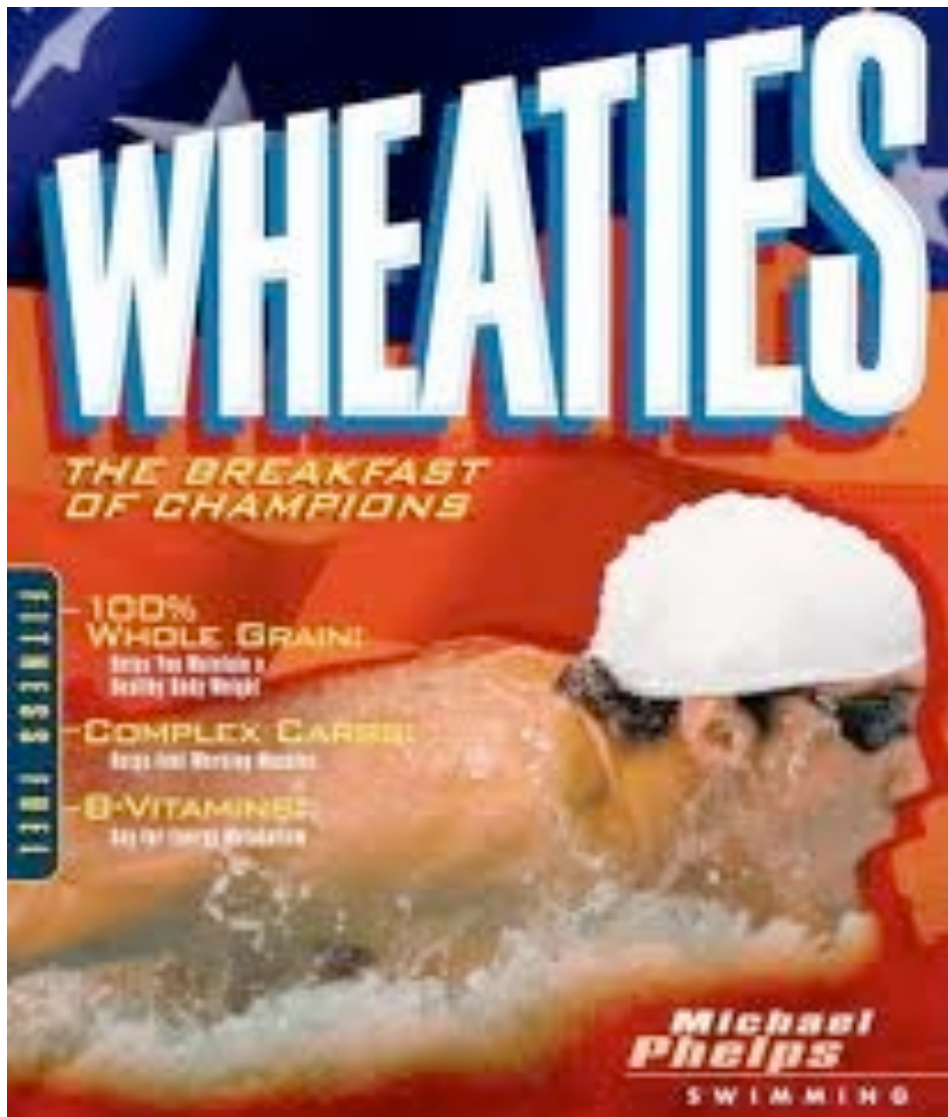
Sprint by Sprint

Run by Run

Coaching!



Coaching!



“Difference between eating from a cereal box and being on one.”

Peter Vint

D.Mindsets

Bias Toward Action



“If things seem under control, you’re just not going fast enough.” Mario Andretti



Don't over-think

Training Session needs to be close to your event in some form

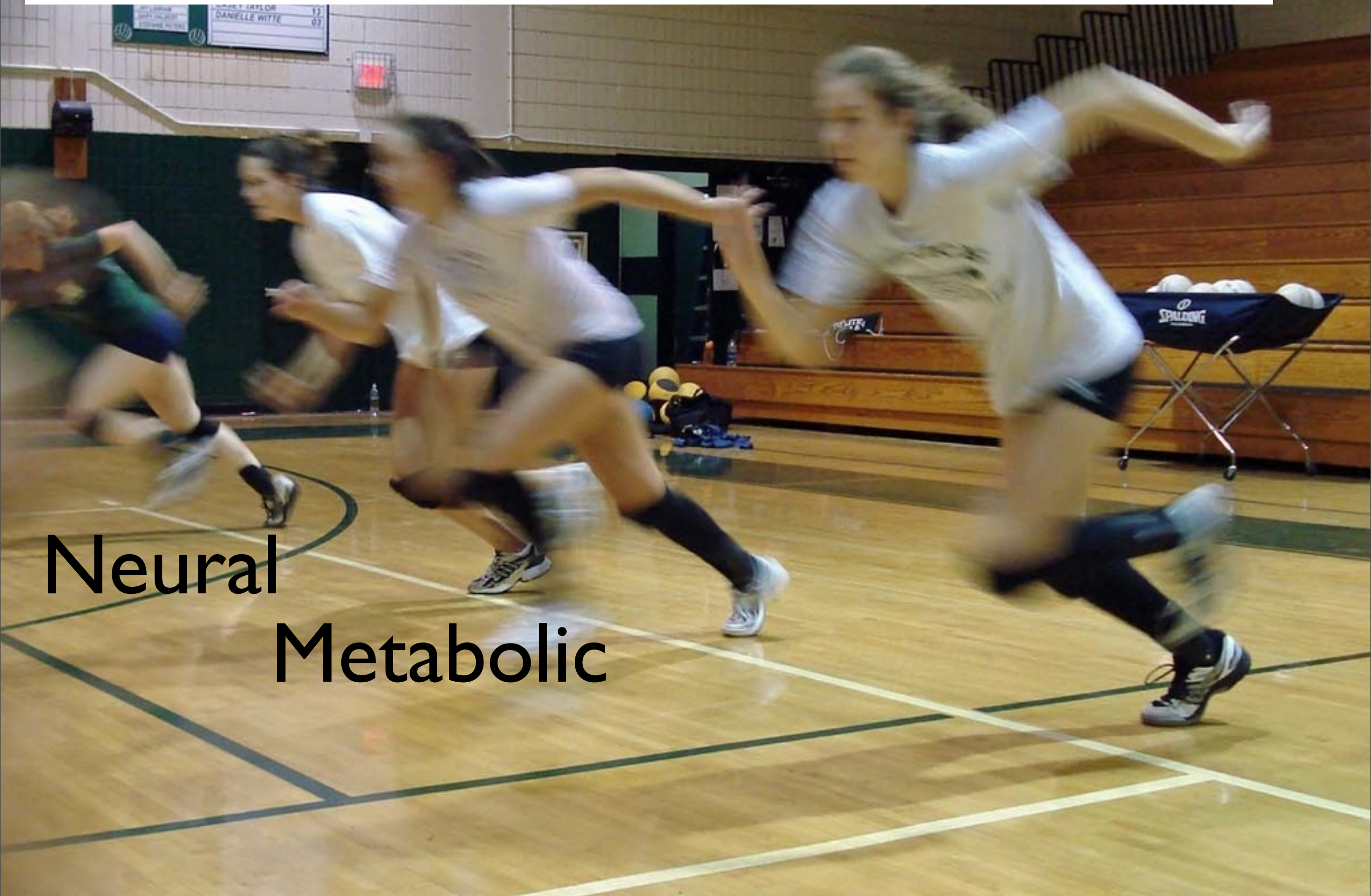


Training Session needs to be close to your event in some form



Neural

Training Session needs to be close to your event in some form



Neural
Metabolic

Training Session needs to be close to your event in some form

Neural
Metabolic
Mechanical

Training Session needs to be close to your event in some form

A group of female athletes are captured in motion, running across a polished wooden basketball court. They are wearing white t-shirts and dark shorts. The background shows wooden bleachers and a Spalding ball rack. The image is slightly blurred to convey speed.

Neural
Metabolic
Mechanical
Technical



Provide A Positive Training Experience



☉ Provide A Positive Training Experience

☉ Realistically Test the Athletes Limits and Capabilities



Provide A Positive Training Experience

Realistically Test the Athletes Limits and Capabilities

Prepare for the Physical & Psychological Rigors of Competition





Coaching Do's

Be Empathetic

Coaching Do's

Be Empathetic

Encourage

Coaching Do's

Be Empathetic

Encourage

Be Clear

Coaching Do's

Be Empathetic

Encourage

Be Clear

Keep it Simple

Coaching Do's

Be Empathetic

Encourage

Be Clear

Keep it Simple

Give Clear, Effective Feedback

Coaching Do's

Be Empathetic

Encourage

Be Clear

Keep it Simple

Give Clear, Effective Feedback

Be Consistent

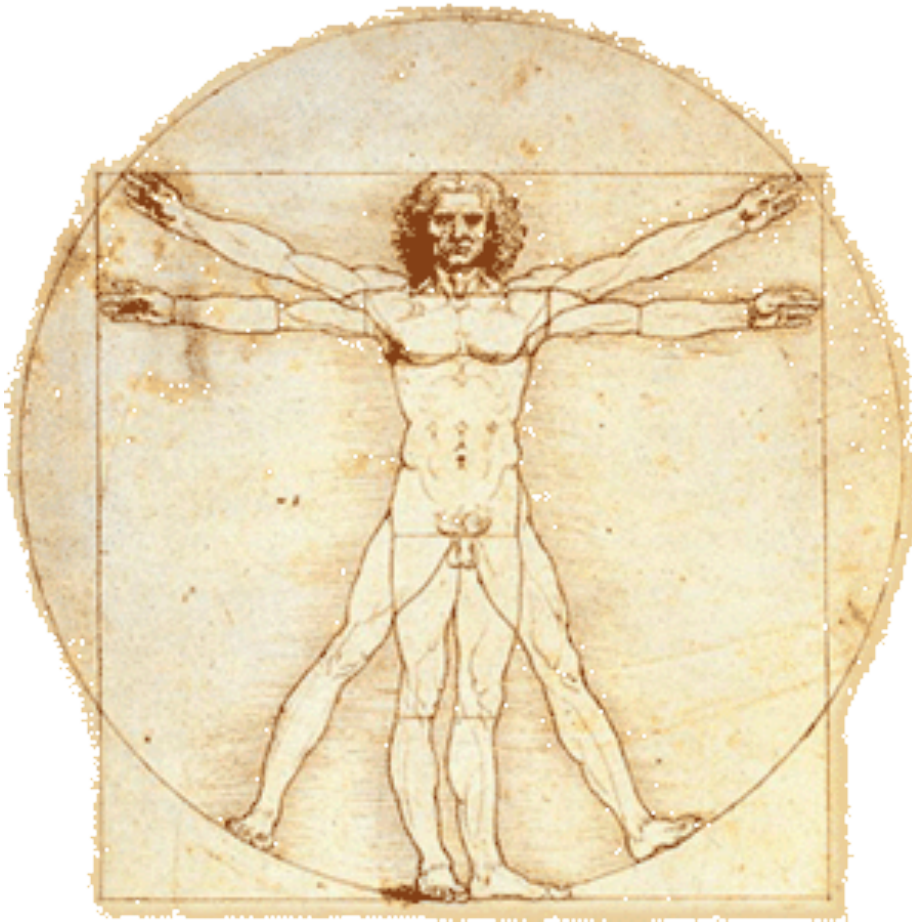
Coaching Do's

A blurred photograph of a gym or sports hall. In the center, a person in a white shirt and black shorts is jumping high, possibly performing a throw or a high jump. To their right, another person in a light blue shirt and black shorts is standing. Further right, a person in a red shirt is visible. The background shows gym equipment, a green wall, and a door. The floor is dark and reflective.

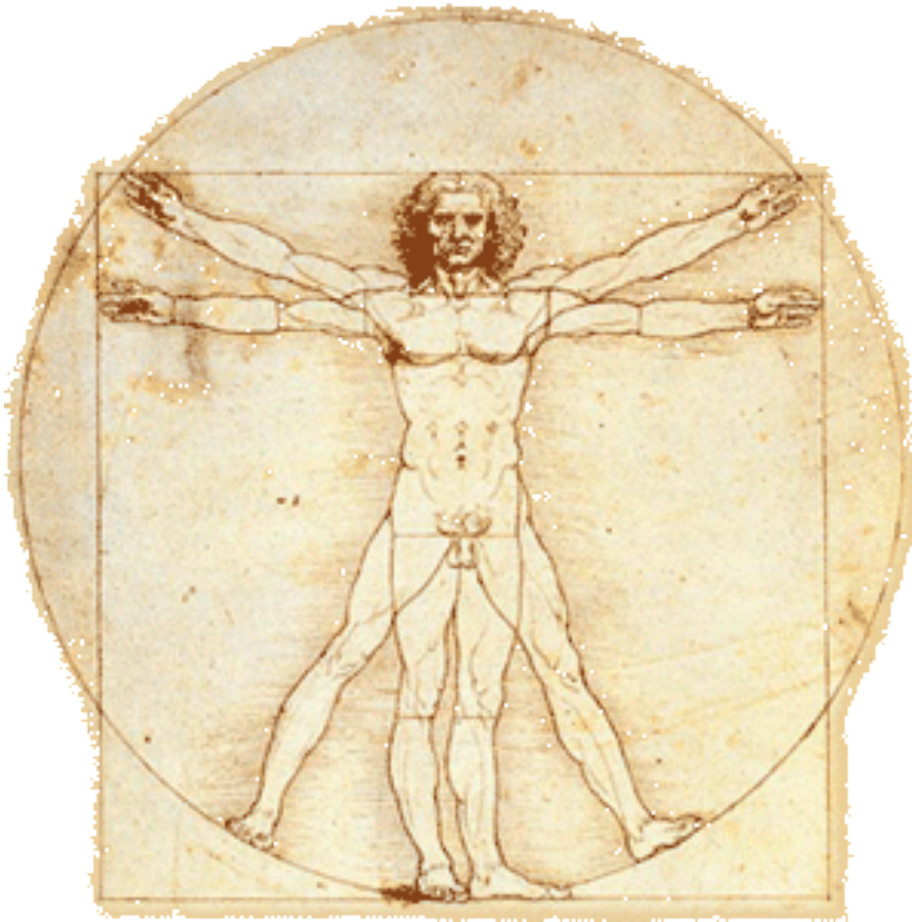
D.Mindsets

Radical Collaboration

The Medici Effect



The Medici Effect



Look at different disciplines and search for places where they intersect. At these intersections is where a myriad of new ideas and applications can be explored.

Specialize in Being a Generalist





Specialize in Being a Generalist

Make connections among seemingly unrelated information





Specialize in Being a Generalist

Make connections among seemingly unrelated information

Know it is not the links, but the linkages that make the system





Specialize in Being a Generalist

Make connections among seemingly unrelated information

Know it is not the links, but the linkages that make the system

Focus on the “Big Picture”, how the pieces work together



D.Mindsets

Prototype

“Ever tried. Ever failed.
No matter.
Try again. Fail better.”

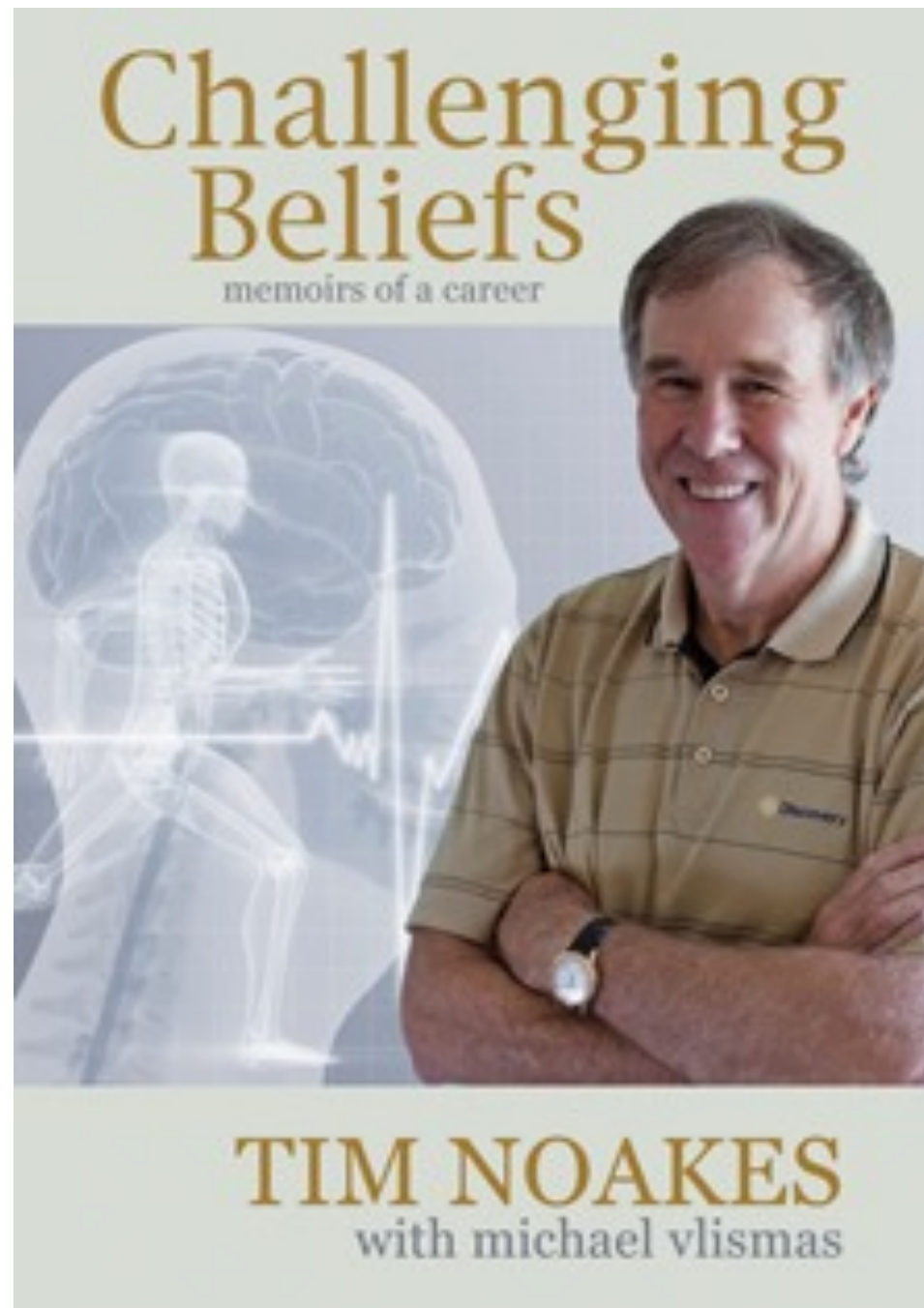
Samuel Becket

Challenging Beliefs

memoirs of a career



TIM NOAKES
with michael vlismas



"50% of what we know is wrong; the problem is that we do not know which 50% it is"

3R's

3R's

Routine

3R's

Routine

Repetition

3R's

Routine

Repetition

Refinement

STARBUCKS COFFEE

It's not about the coffee



A photograph of a Starbucks Coffee storefront at night. The building is dark, but the large glass windows and doors are brightly lit from within, showing the interior of the cafe. The Starbucks logo is visible on the right side of the entrance. The text "STARBUCKS COFFEE" is written in large, glowing green letters across the top of the image.

STARBUCKS COFFEE

It's not about the coffee

It's the Experience!



If you follow the flock long
enough sooner or later you
are going to step in ___ it!

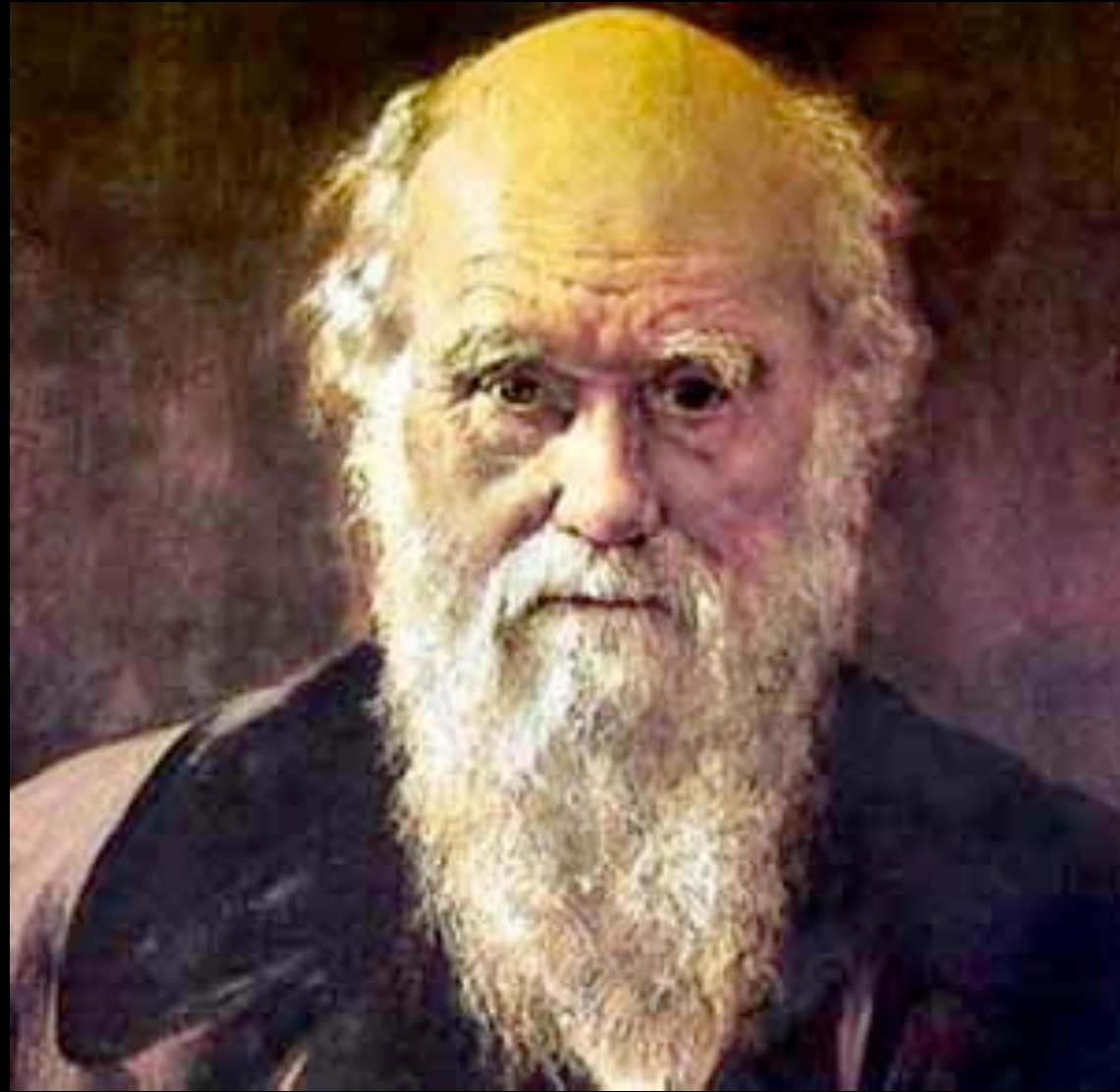


Is this progress?

“I joke with people.” West said, “that someday I’m just going to be able to sit in my office and drink a two-liter bottle of soda and eat a bag of chips and be able to look at my computer and shout through a microphone like the Wizard of Oz and tell them what they ought to be doing.”

D.Mindsets

Ideation



It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.” Charles Darwin



“Do or do not.
There is no try.”

coaching
matters



"You've got to do something that nobody else in the world is doing," he told me
"And you've got to do it every day."



"You've got to do something that nobody else in the world is doing," he told me "And you've got to do it every day."



Terry Brand wrestling coach to Henry Cejudo, Gold Medalist when he was struggling in training

Prescription for Excellence



Prescription for Excellence



Take one large dose of different daily

December 13

2011

!



Email

gstscoach@gmail.com

Blog

functionalpathtraining.typepad.com

Twitter

[@coachgambetta](https://twitter.com/coachgambetta)

Web Page

www.gambetta.com