Refinement of the Process

Benjamin Richard Dalton
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“We are all Apprentices in a Craft where no one ever becomes a Master” ~ Ernest Hemingway
Privateers
Data Synthesis

“We grow we adapt our conceptual model with experience, observation, data etc. Within this is the effective management of emerging information.”
Data Synthesis
Experimentation
Reinventing the wheel.
Knowing when and how.
Evolution in Practice

• Why, Why, Why??!!

• Individualisation
  - Variations
  - Bandwidths
  - Systems vs Methods
  - Needs

• Co-ordination
Too many Rappers not enough Emcees
Great Teachers

“Everything they do is strategic yet fluid”

“A level of consciousness, an enhanced practical awareness which helps them to adapt and re-calculate”
The Coaching Process

• Art based on Science

Coaching is a pedagogical activity. We are teaching movement. We are facilitators of learning. Coaching is a skill of organizing and constructing the learning environment.

• A style still has to have substance
Creating the right Environment

• Conscious Coaching
  – Emotional Intelligence
  – Buy in
  – Context
  – Focus
  – Listen
Motor learning

• Our goal is to achieve most efficient movement patterns

• Non-linear Pedagogy
  – Constraints approach (Dynamical Systems & Ecological Psychology)
  – Implicit learning
  – External Focus of attention & Analogies
Motor learning

• Volume vs intensity
• KPI Driven
• Plan vs Process
• Variability vs Consistency
  - Schema vs Program learning
  - Practice vs Competition
• Over Coaching
Before we communicate

• Do the athletes have intent in what they are doing?

• Do the athletes understand what they are doing?

• Do they have the skill to perform the movement?

• Is there a mechanical or functional problem?

• Can we create an environmental constraint?
Verbal Cueing

• It is always about transfer, retention and choking
  - Effective use of feedback -> Composure
  - Implicit and External

• Cueing
  - Knowing what not to say is hallmark. (Silence is powerful)
  - Limit unnecessary information (Ltd. retention capacity)
  - Cue active vs reactive parts of the movement
  - Mind the Gap! Physical and emotional response
Key Take Homes

• Be present at practice

• Challenge your own beliefs often

• Be mindful of everything you say

• Cue less, individualise more and listen diligently
Thank you for Listening

• bdalton@uno.edu