Building Trust, Faith, and Confidence in Throwers

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Acknowledgements

- Mentors
- Successful Teams
- Successful Colleagues
- Very dedicated Athletes
Objectives

- Encourage any coach to consider the effect of these traits as paramount to success.
- What are your Goals for your athletes?
- Trust-The Ideal Coach/Athlete Relationship
- Faith in Throwing?
- Confidence
- It’s a 2-way Street
- Sample Application
Premise

• Belief in a bad Program/Training is superior to Disbelief in the “Perfect Program”
• Placebo Effect
• If you believe it you can achieve it
• The Great Enemy is Disbelief
  – Hesitation
  – Keeping Homeostasis
  – Complacency
  – Procrastination
  – Laziness
  – Other Priorities before success
Who is this for?

- Anyone who interacts with athletes.
  - Coaches
  - Support Staff
  - Teammates
- Young Coaches
- Taking over a Program
- New Athletes
My Goals for Each Athlete

• Be a “Relentless Thrower”
• Enjoy their development
• Appreciate themselves and all the people who contribute to their experience
• Throw farther than they initially thought possible
• Be Fundamentally sound
• Give back to their program and society
• Feel appreciated
Traits of a Relentless Thrower

• Poise
• Fundamentals
• Skills
• Never Say Die
• Excited
• Looks for Challenges
Trust

• Def: firm belief in the reliability, truth, ability, or strength of someone or something

• 3 Pillars of Trust
  – Knowledge
  – Empathy
  – Safety
Knowledge

- Sound Training Principles
  - Recovery
  - Overload
  - Specificity
- Factoring in Injuries and Risk
- What works for the individual (Experience)
- Continued education/adaptation
- Inspiration rather than dedication
Empathy

- **Def.**
  - The ability to understand and share the feelings of another
- **Anticipate and Address concerns**
- **Most athletes need continual reassurance**
- **Say “I want to see you succeed/improve”** often
- **Listen**
  - Acting on Concerns proves that you listen
Safety

• “What you’re asking of me will hurt me!”
• Weather Considerations
• Acceptable Risk
  – Most Training involves some risk of injury
Signs of Lack of Trust

• Complaining
• Cutting Reps
• Showing up Late
• Poor recovery habits

• Coach only cares about x athlete/event
• Only cares about themselves
Role of the Athlete

- Knowledge
- Empower accountability
- Athlete’s Knowledge of themselves
  - How they improve.
  - What they need to improve
  - How they’re motivated
  - What cues make sense
  - Provide feedback
- Desire/Priority to get better
- Pursuing improvement without “Martyrdom”
Trust is Everything

• Without trust, you really can’t progress.
Faith

• Belief in one’s ability to improve and achieve success.
• Def:
  – complete trust or confidence in someone or something
• I Can
• Chunking
• Embarrassment vs Culture
Signs of Lack of Faith

• Intensity is usually low
• Fear of Competing/Failure
• Don’t feel “achievable” things are possible.
  – Distances
  – Technical cue’s/development
  – Fair throws
Confidence

• Def:
  – a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities

• Emphasizing improvements/successes in training and competition

• “I can” Attitude.
• Learning what Not to do. Forgive failures
• Confidence vs Cockiness
• Knowing when to take the blame
Signs of Lack of Confidence

- Voice only what can go wrong or is wrong
- Successful reps are less than 1 out of 5
- Worry too much about others in the competition
- Avoid input
2-Way Street

• Only ask what you yourself would do. Avoid Hypocrisy
• Anyone’s biggest regret is not trying their absolute best often enough.
Application

• 1\textsuperscript{st} of the year Goal meeting
  – Cover Performance goals/expectations
  – Set Process Goals (How they think they will accomplish above)
  – Detail how you will help them in the process
  – Tell them success is a choice

• Hold them accountable to the level they aspire to. (Knowledge here is key)
Application

• Always keep sight of what’s really important to the Athlete’s progress.
  – Prioritize and Keep athletes focused on their individual task
• Reverse Psychology can be a powerful tool
Scout your Ideal Battleground

• Be reasonably sure what you’re going to confront an athlete on is true and relevant.
• Most confrontations can be steered well by saying you trust, believe, and are confident in them.
• Use Concise Language
• Likely you’ll feel you didn’t “win”
• Victory is getting the response you’re looking for.
Application Example

• Taylor Latimer
• 17-18 Season in Shot Put
  – 15.42 and 15.32
• 18-19 Pre-Season (Shot Put)
  – 13.85m & Fouled out
  – Fall Training 16.05m Foul, 275lb Hang Clean & Bench Press, 450lb Back Squat
    • Low Trust, Faith, Confidence in herself
    • Skipped/didn’t follow training plans
    • Poor recovery habits
    • Low-to-No accountability
    • Honest, funny, charismatic
Application Example Cont.

• 1st of the Year meeting and Intro
  – Seemed hesitant about setting too high of a goal (16m Shot Put)
  – Seemed to have a lot of Faith and Confidence in the Previous Coach
  – Used humor to deflect tough situations

• During the fall
  – Worked pretty hard when watched. Typically compensating for lack of work during summer.
  – Didn’t work hard at all when not watched.
  – Pick and chose which aspects to focus on. They were always strengths of hers.
Application Example Continued

• Wanted to miss a required training for a “Fun” Activity
  – Found my hill/battleground

• Fun or Being a “Normal Person” is more important than your success as an athlete

• You have to power to lead the team.

• The Choice is yours where that will be.
Results

• Chose to step up! Had a window where she bought in. Just needed to show some success.

• Runner up Big 12 Indoor (16.02m), 17.74m and Big 12 Outdoor & 4th at NCAA’s (17.67m)
tay_fay_lat Sophomore year is one for the books 📚. I finished 4th at nationals 17.64m (57'9) making me an All American 🇺🇸, along with becoming a big XII shot put Champion 17.74 (58'2). There was definitely tough times for instance starting the year off at 13.85 (45'4). As a whole happy with my performance but never satisfied. I can truly say I fell in love with this sport and the process that it takes to be great. My season is not over yet I get the incredible opportunity to train for USA's in July
All this could not have been possible without my phenomenal coach @coach_nathan_ott and my awe-inspiring teammates who push me to be the best.
I truly am blessed to apart of such and amazing program/family. 💜
#EMAW
#WinTheDangDay

tay_fay_lat 🧸 shout out to OTT !? Having you as my coach helped me realize what I need to do to be successful not only in this sport but, also in life. 💜 Can’t forgot about my amazing BOMB SQUAD 🧸 for being the best teammates. 💜.stringify
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Questions?