



# 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

*Believe*  
in yourself  
— & —  
you will be  
*Unstoppable*

# 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

The image features three white, classical-style columns standing on a white base. The word "Trust" is written in a large, black, serif font across the top of the columns. The background is a light blue sky with soft, white clouds. On the left side, there is a purple vertical bar with a circular seal of Kansas State University, featuring the text "KANSAS STATE UNIVERSITY" and "1863".

- Def:
  - firm belief in the reliability, truth, ability, or strength of someone or something
- 3 Pillars of Trust
  - Knowledge
  - Empathy
  - Safety



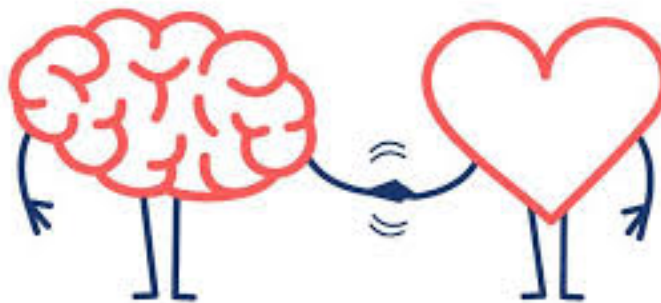
# Knowledge

- 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



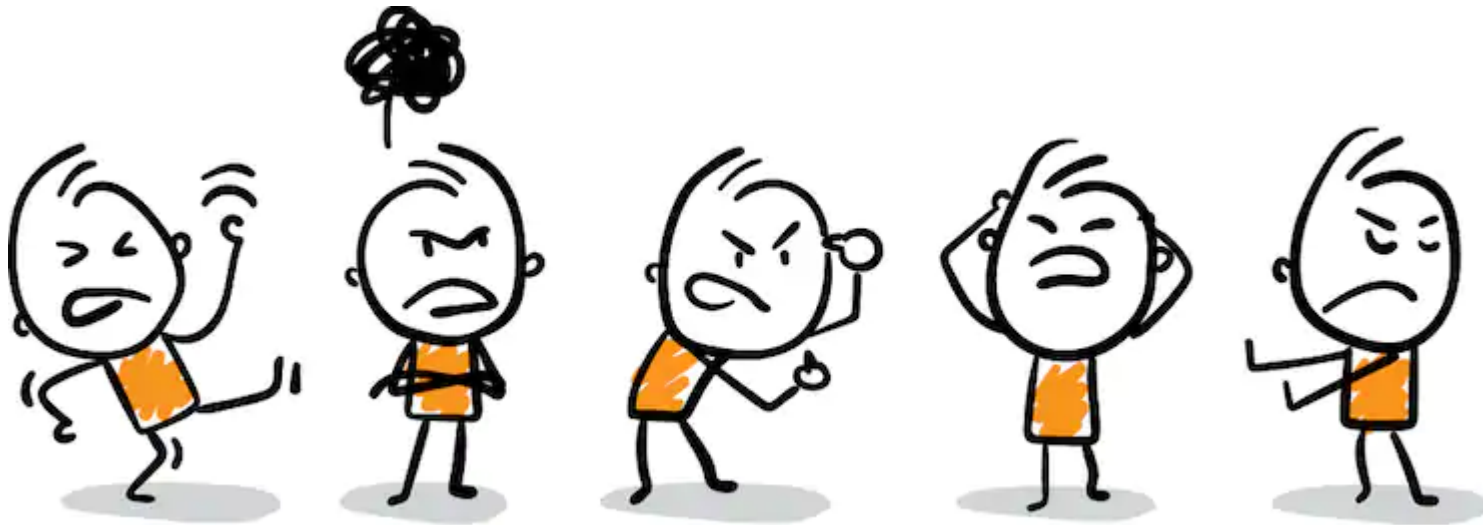
# Safety

- “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



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# 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"

Success always  
comes when  
preparation  
meets  
opportunity.

*Henry L. Hartman*

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# 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<sup>st</sup> 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.



By asking whether or not you should die on this hill, you put your demands and expectations into perspective.

# 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.

- 1<sup>st</sup> 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 & 4<sup>th</sup> at NCAA's (17.67m)

# Results



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**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



**BIG 12 CHAMPION**  
TAYLOR LATIMER  
SHOT PUT



Liked by [brooke\\_andersen](#) and 125 others

**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. 💜🏆

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# Questions?

