



Sport Psychology

Kickstarter

Name:

Date:

Kickstarter Checklist

Coaching Essentials

Equip yourself with coaching essentials to drive your continuous improvement and performance

- Holistic development
- Developing emotional regulation
- Performance skills
- Additional stretch activity

Coaching Enhancements

Boost your coaching skills with our effective Coaching Enhancements

- Developing emotional regulation
- Developing emotional regulation
- Additional stretch activity

Coaching Extras

Explore deeper insights to apply in your coaching practice with Coaching Extras

- Holistic development
- Additional stretch activity

Coaching Essentials

1. Holistic development



Consider

Applying a holistic approach requires a broad knowledge base for your coaching. Take a moment to consider your areas for development or individuals within your support network who can support you and help form part of your interdisciplinary team.

2. Developing emotional regulation



Reflect

Use the **E+R=O** equation to work through a coaching situation. Reflect what happened in the event, how you responded and what the outcome was. Remember the most important aspect of the reflection is to consider what you would do differently next time.

3. Performance skills



Consider

What do these look like in your environment. How often do you consciously coach for and plan the development of these?

Confidence is a great place to start. It's a word often used by coaches, participants and even media pundits. Use these three questions to help you confirm why confidence is important in your sport or physical activity and what confidence looks and feels like in your environment.

Q. What do you notice about some people's confidence?

Q. What have you adjusted in your coaching to increase or decrease confidence?

Q. How do you plan for people learning in your session and leaving your session confidently?

Additional Stretch Activity



Have a go

Developing emotional regulation

Next time you are in a stressful situation, when the situation has passed, take a moment to reflect on how you thought, felt and what you did, as well as the emotions you felt.

Q. How did you regulate yourself?

Q. Did you recognise any cues or triggers?

Q. What would you do differently next time?

Coaching Enhancements

1. Developing emotional regulation



Have a go

Using your smart phone and headset, record and capture on 'voice notes' your communication and interactions during the session. Now listen back to the recording and review your session, deciding whether each interaction was Growth or Fixed mindset language

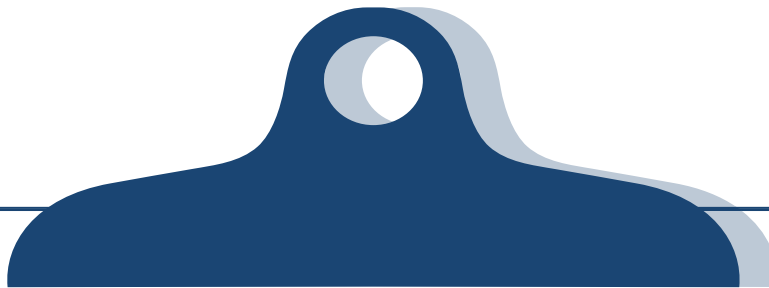


3. Developing emotional regulation



Reflect

Always ask yourself after a session, am I promoting a growth mindset to my participants? Here are four questions to get you started.



- Were my expectations clearly shared and presented to the participants?
- Did I provide support and scaffolding to the learning where needed to ensure success?
- Did I praise effort, stickability, curiosity and resourcefulness?
- Did I speak to every participant in the session?



Additional Stretch Activity



Have a go

Brain Development

In the guide, a coach shared the way a smartphone updates and works to describe how the brain develops. How would you describe brain development to your participants?

Plan your activity

All these skills are achievable, they simply haven't been practised. As the individual practises, the brain learns and adapts to send signals and improve the movement. Which challenge will you use with your participants to help them understand brain development?

Coaching Extras

1. Holistic development



Reflect

Reflect on your longer-term planning and programme design. Do you consider the different domains? How often do you revisit and layer the learning across your programme (each plan-year-season-phase-month-week-day).

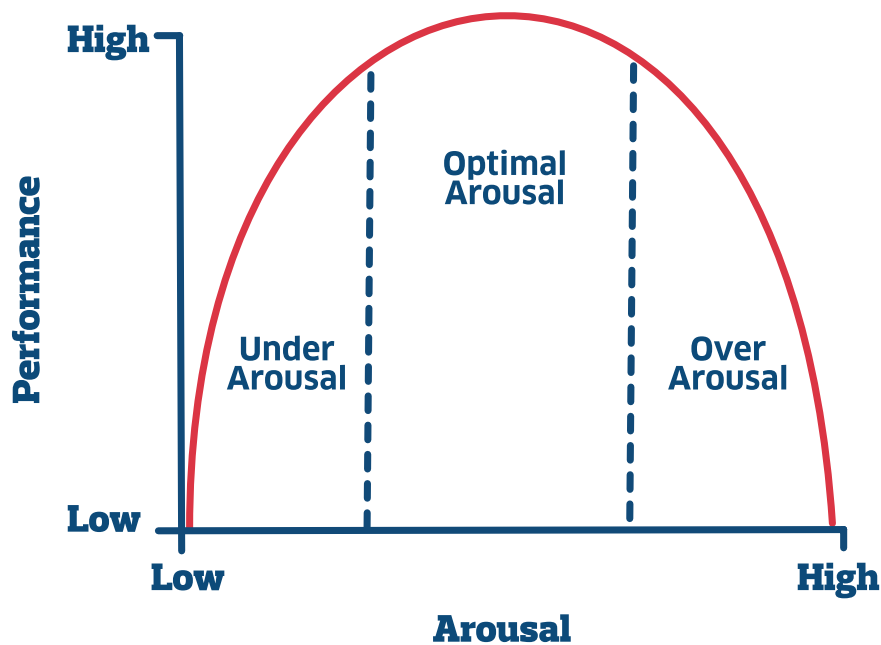
Additional Stretch Activity



Have a go

Developing emotional regulation

Apply the arousal curve to you and your preparation as a coach to competition. What do you need to consider to ensure that you are in **your** zone of optimal functioning to support your participants during the event?



Notes