

NYS Coaching Course – Phase III: Theory and Techniques of Coaching

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Douglas Hadley– Background Information – Where I’m coming from (my experiences)!

- Head Coach Cross Country & Track (Indoor & Outdoor) @ Columbia High School 2000- Now
- Assistant coach Cross Country & Track (Indoor & Outdoor) @ Columbia High School 1994-1996 & 1999
- Assistant coach for Outdoor Track @ Greece Arcadia 1998
- Head coach for modified Soccer @ Greece Arcadia 1997-1998
- Coached a former Suburban Council LJ record holder
- Coached many school record holders.
- Coached a former Section 2 relay team record
- Coached many Columbia High School Record holders
- Had many Section 2 champs
- Boys Section 2 Coordinator for Indoor Track & Field 2007-now
- Suburban Council Girls Outdoor Track & Field Chairperson since 2013



This Morning's Focus

- Methods
- Procedures
- Developing a system that works for you and your athletes
- Your approach
- Assumptions
- Your statement -
 - **Your PHILOSOPHY** (Phase I)



SPORTS

- “As in life, things don’t always work out in sport.”
- LOSING – needs to become a personal and team growth experience (rather than just a bitter experience)
- Always tell them what they did right and what they could fix but don’t put them down doing it.



Beliefs

- It doesn't matter how long you competed and/or how long you've been coaching – **THERE IS STILL MUCH MORE TO LEARN!**
- Coaching athletes requires continuous growth in tactics and methods in order to reach our ever changing student-athletes.



Beliefs

- Coaches need to be open minded and flexible (especially at the H.S. level) in his or her coaching style while still holding firm with their personal principles that they believe are essential in helping athletes succeed.



Beliefs

- Successful coaches are able to identify their athletes' personal style and individual personality and then coach to that style. **[VERY CHALLENGING]**
- We need to foster the attitude that our athletes need to continue to learn their sport, be great students, and how to remain “coachable”!



The MOST Successful Athletes Want ***MORE***

- Knowledge
- Technique
- Strategy
- Conditioning
- Flexibility
- Strength
- Experience



Hopefully a Resounding, “NO” Response

- (1) Do I have it totally figured out?
- (2) Can I begin to cut back on my quest (effort) to get my teams to perform to the best of their ability?
- (3) Do I have all of the knowledge, technique, and strategies that I will ever need?



Virtues that Will Lead Athletes to Greater Success

- RESPECT for Your Parents
 - A respect for authority
 - Encourage a respectful, wholesome family setting
- Discipline
 - Higher Intensity (Running, Lifting, Practice, Nutrition, Rest, Personal Grooming)
- **Loyalty** – Essential aspect of sport, it's becoming more and more year round...
 - To coach, to school, to team, to family, to self



Beware

- **EMOTIONS** – *FEAR, EXCITEMENT, ANXIETY, CONFUSION, DISAPPOINTMENT, FRUSTRATION*
impact perspective and performance and can become overwhelming to athletes of all ages!



Working with other coaches

- This is very important
- Space is limited in HS, so you need to be able to adjust to different times for practices or with sharing space.
- Must be able to try different resources (ex renting HVCC or a college is possible or even doing with another HS)



How to Find Growth and Success

- List specific issues (areas of weakness) that need improvement. (**Prioritize**)
- List the resources that are necessary to achieve your goals.
- Network with your own circle of contacts (**Don't be bashful about asking for help.**)



How to Find Growth and Success

- Have a bold and open attitude about finding solutions for your needs. Avoid wasting time and energy making excuses.
- Widen your search for help. Do not be afraid to travel to get the necessary help and advice.



Your Thoughts???

Group Discussion

- What's the value of completing **PRACTICE PLANS?**
- What “things” [CONTENT] should be included in your **PRACTICE PLAN?**
- What type of things should always be considered when completing your **PRACTICE PLAN?** NOT AS EASY AS YOU MAY THINK!!



Goal: To allow your athlete/your team to realize his/her/their athletic potential.

- **Requires:**
- *Excellent teachers that are **experts in their particular sport.***
- ***Good communicators.***
- *Ability to detect performance errors, to give the learner **clear feedback** about those errors.*
- *Ability to provide **meaningful reinforcement** when the slightest improvement is noted.*
- *Possess the energy and enthusiasm necessary to be relentless in the pursuit of goals (Team/Personal)*



“Plan your work; work your plan.”

- **How we practice is as important as what we practice.** Thorough planning helps establish **controllable, predictable,** and successful performances. Plan for everything that could possibly occur!
- The coach regulates practice sessions primarily by determining the optimal amount of practices to conduct and the ideal spacing for these practice periods, as well as, the intensity of each session.



Practice Organization:

- **Goal:** To maximize the effects of training.
- Practices can be organized into sessions according to a seasonal, weekly, and daily pattern (**Periodization**). Coaches can divide their annual training plan into smaller phases in order to allow a program to be set into more manageable segments that ensure a correct peaking for the main competitions of the year. This occurs in time with experience. **[Know when you'll need your team to be at its very best]**



Be a professional coach that coaches at the high school level!

- Make sure that your drills and routines are advantageous for your athletes – ***don't just do it, because it's hard!***
- Stay current!
- Visit, speak, share with other coaches!
- Attend clinics, read up, watch tape, use technology available!
- Think, Reflect, Analyze



Plan for ***EVERYTHING!!!***

- Plan some fun activities as rewards
- Try to **keep everyone active** throughout practice (maximum use of minutes)
- Make sure that you also think about the logistics of **who does what, where, and when** is planned to include an acceptable coach/athlete ratio and playing/practice facilities.



Know Your Athletes/ Know Your Team:

- The most brilliant and convincing point of view presented at the wrong time loses its luster and its meaning. It doesn't lose its audience, because it never had one to begin with.
 - Earn respect (peers, athletes, parents, community) over time with every opportunity.
 - Don't preach it, teach it!



EVERYONE is Watching YOU!

- The players will also watch the coach to see if he/she practices what he/she preaches. Communicate that there will be **consequences** when players don't meet **expectations**, but make sure the **punishment** fits the crime. A warning? Immediate action? Are there extenuating circumstances? Each coach must decide, but remember the importance of being **firm**, **sensible**, and **consistent**.



Address the Coaches-

- Make sure you get others' input into your practices, make/allow your coaches to feel invested into the practice and the program, make sure that you are all on the same page (builds confidence and trust from your players when you're organized and all in sync).



Address Individuals Privately-

- Form relationships, talk with your athletes, captain meetings to discuss team concerns, what's going well, etc., goal setting meetings, individual concerns, etc. Connect with your players as people, as well as athletes. Caring about players' needs and concerns is a major part of employing personal power.



Motivation: Group Discussion

- What types of things motivate your athletes?
- What are some things that destroy, impede progress?
- What works?
- Challenges?
- Strategies?
- How can you get everything done???



Compliment Accomplishments-

- **["The things that get rewarded get done."]**
- Get your athletes as much **publicity** as possible. Contact all local media, provide game schedule, practice schedule with times and locations, player biographies, school records, milestones, etc.

Maintaining Motivation – Team and Individualized!!!



- The two most significant needs of young athletes are “having fun” and “feeling good about themselves”.
- ***Find success (at some level) for everyone! Everybody is different.***
- ***Find a way to “hook” them (usually through successes that are real and meaningful to each of them).***

STRESS



- Coaches and Athletes
 - Causes?
 - Strategies to deal with it?





STRESS MANAGEMENT

- **Cause of Stress**
 - **Pressure- anxiety about outcome**
 - **Sense of Urgency- rather than being in a relaxed state**
 - **Unrealistic goals**
 - **Outside influences**
 - **Fear of failure**
 - **No prior experience/exposure to that particular situation – Being unprepared!**
 - **Break from old routine**
 - **Poor pre-event routine (left lucky shirt/socks home, etc.)**



Reassess your goals.

- Be willing to **make changes**, be flexible, **find solutions**, avoid excuses!
- Be confident! Being prepared for anything and everything allows you to be confident!
- **Be knowledgeable** – You owe it to your athletes! (Can always improve!)
 - In your sport
 - In working with youngsters



Identify and Prioritize Tasks

- Don't get flustered!
- Don't get overwhelmed!
- Avoid trying to do it all by yourself!
 - **Develop a system that works.**
 - **Decides what's important now.**
 - **Changes from year to year, day to day!**



Set and Keep Deadlines

- Stay true to your schedule. Understand (and expect) that some days, you are just not going to get all that you planned accomplished. **Always start on time and end on time** – that is how you will earn your players' respect. Kids will work harder for you when they know practice is going to end when you said it would. Think about your parents!



ACTIVITY

- ***Create a practice plan for the sport that you are or are intending to coach. (One practice, indicate at what point of the season you are at)***



Suggestions & Recommendations:

- **Always have a written plan!**
- **Never assume anything!**
- **Put as much as possible in writing (“CYA”)! Inform you’re A.D.!**
- **Always strive for improvement and develop and refine a system that works!**

THANK YOU & GOOD LUCK!

- Questions???**

