

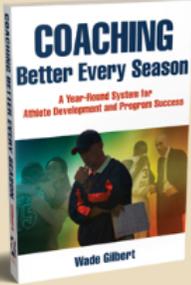
Becoming a Better Coach

Wade Gilbert, PhD
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@WadeWgilbert





Coaching Better Workshop

NEW!

Follow Wade on [Twitter](#) [Facebook](#) for alerts on updates to this web page.

Athletic directors: Maximize the impact of your athletic program and coaching staff

Developed under the direction of world-renowned coach educator Dr. Wade Gilbert, the **Coaching Better Workshop** is your opportunity to assemble coaches of all sports to examine priorities, share experiences, mentor coaches, build camaraderie, foster accountability, and prepare for success.

Whether you conduct on an in-service day, a professional development day, or a preseason coaches' meeting, the Coaching Better Workshop is an efficient way for you as athletic director to ensure the readiness of your coaches.

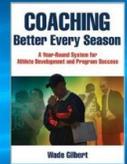
As AD-facilitator, you'll have everything you need to lead the **three-hour workshop** with ease. For your investment, you'll receive a package of instructor materials that you'll use to lead your coaches through the workshop's six modules. The modules correspond with sections of Gilbert's book, *Coaching Better Every Season*, and are designed to help you:



- Develop and adhere to a coaching philosophy
- Build and foster a positive coaching culture
- Design and conduct effective coaching sessions
- Prepare athletes for performance
- Implement evaluation and feedback
- Promote professional development

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Wade Gilbert
2,495 Tweets

Wade Gilbert
@WadeWgilbert

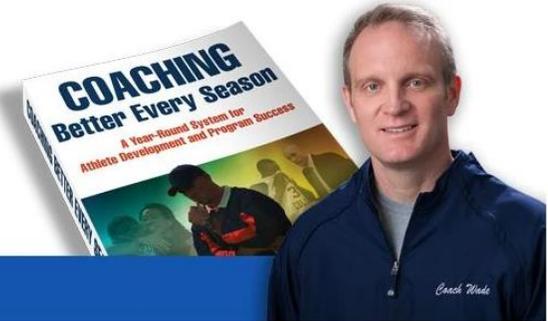
Coaching scientist & team performance consultant | Professor - California State University, Fresno | Editor - International Sport Coaching Journal | Coach

📍 Clovis, CA 🌐 fresnostate.edu/chhs/kinesiol... 📅 Joined June 2014

695 Following 7,552 Followers

COACHING Better

with Dr. Wade Gilbert



Follow Wade on [Twitter](#) [Facebook](#) for alerts on updates to this web page

New! Coaching Better Workshop

Maximize the impact of your sport programs and coaching staff

Developed under the direction of world-renowned coach educator Dr. Wade Gilbert, the **Coaching Better Workshop** is your opportunity to bring together your coaching staffs to examine priorities, build a positive culture and continuity, evaluate and enhance performance, and prepare for success across all sports.

The Coach Doc Connection

Latest Articles

- Jumpstart Your Practices
- Prepare to Win Your Practices
- Harness the Power of Player Progress
- Winning after Winning: How to Approach the Season after a Championship
- Time to Light the Competitive Fire
- Teaching Athletes About Winning It All
- Build a Better Connection With Your Athletes: 'I Wish My Coach Knew...'

[VIEW MORE ARTICLES](#)

Quality Coaching Framework

- Quality Coaching Framework
- American Development Model
- Team USA Mobile Coach
- Team USA Prep Center
- CNS Program
- Conferences
- Awards
- Research
- Olympic Coach Magazine
- Additional Resources

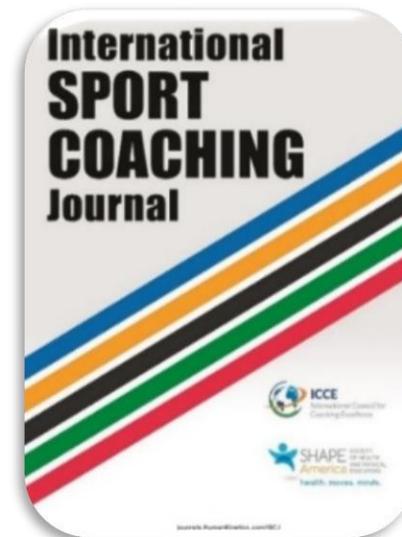
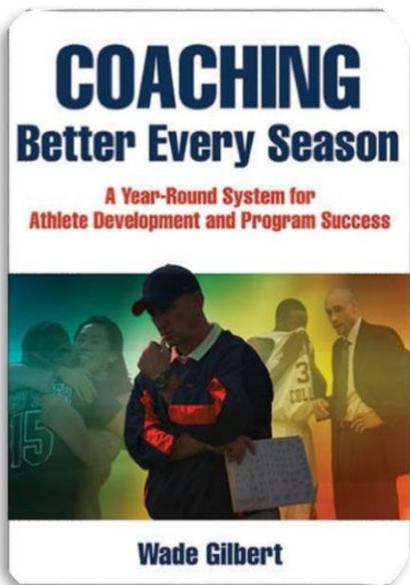
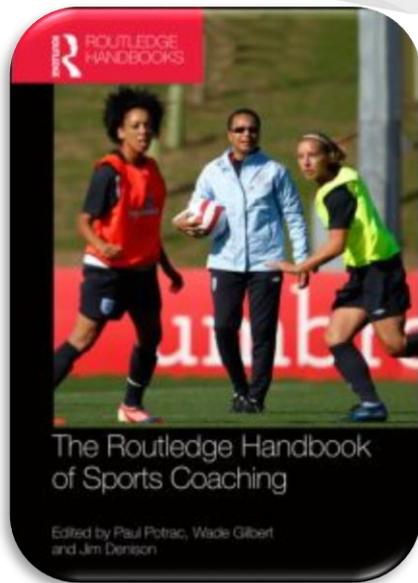


About
The United States Olympic Committee, in partnership with its National Governing Bodies and Dr. Wade Gilbert of Human Kinetics, created the USOC Quality Coaching Framework which provides an overarching set of principles that is designed to inform how to coach most effectively. The USOC QCF is a vetted, carefully crafted, evidence-based resource that establishes a common language and principles of quality coaching for all those working in Team USA coaching contexts.



MAJOR LEAGUE BASEBALL







Focus on the *best principles* behind
the best practices



What does Good Coaching Look Like?

Sport wasn't created for coaches!

- Help meet their needs (not yours)
- Build athletes instead of use them



*Coach
people
first, sport
second*



Becoming a Better Coach

- Athlete development = 4C's and Feedback
- Peak experiences = Challenge-Skill balance ('Flow')
- Trust = modeling and love
- Team culture = spread like virus



An Integrative Definition of Coaching
Effectiveness and Expertise

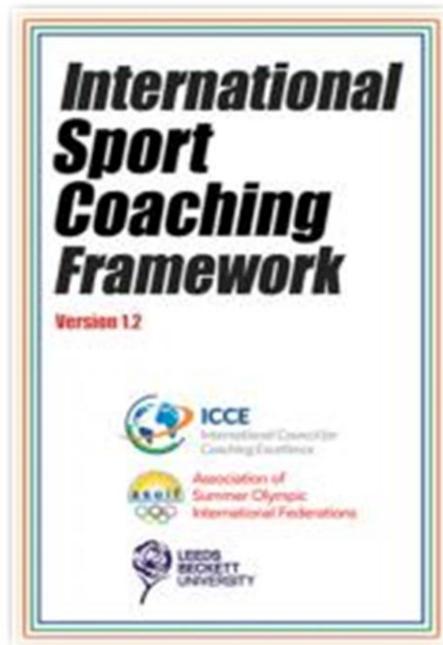
by

Jean Côté and Wade Gilbert

Reprinted from

**International Journal of
Sports Science
& Coaching**

Volume 4 · Number 3 · 2009



Athlete outcome

Competence

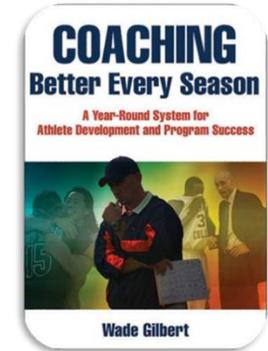
Confidence

Connection

Character



Athlete Learning Principles



1. Prior knowledge can help or hinder athlete learning
2. Athlete motivation directly influences the learning process
3. Skill mastery requires athletes to learn component skills
4. Combine deliberate practice with targeted specific feedback

Nondirective

Pull

Helping someone solve
his or her own problem

Listening to understand

Reflecting

Paraphrasing

Summarizing

Asking questions
that raise awareness

Making suggestions

Giving feedback

Offering guidance

Giving advice

Instructing

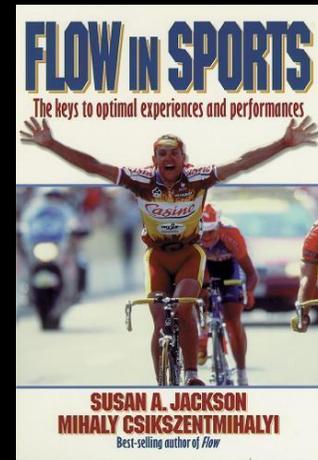
Push

Solving someone's
problem for them

Quality Feedback

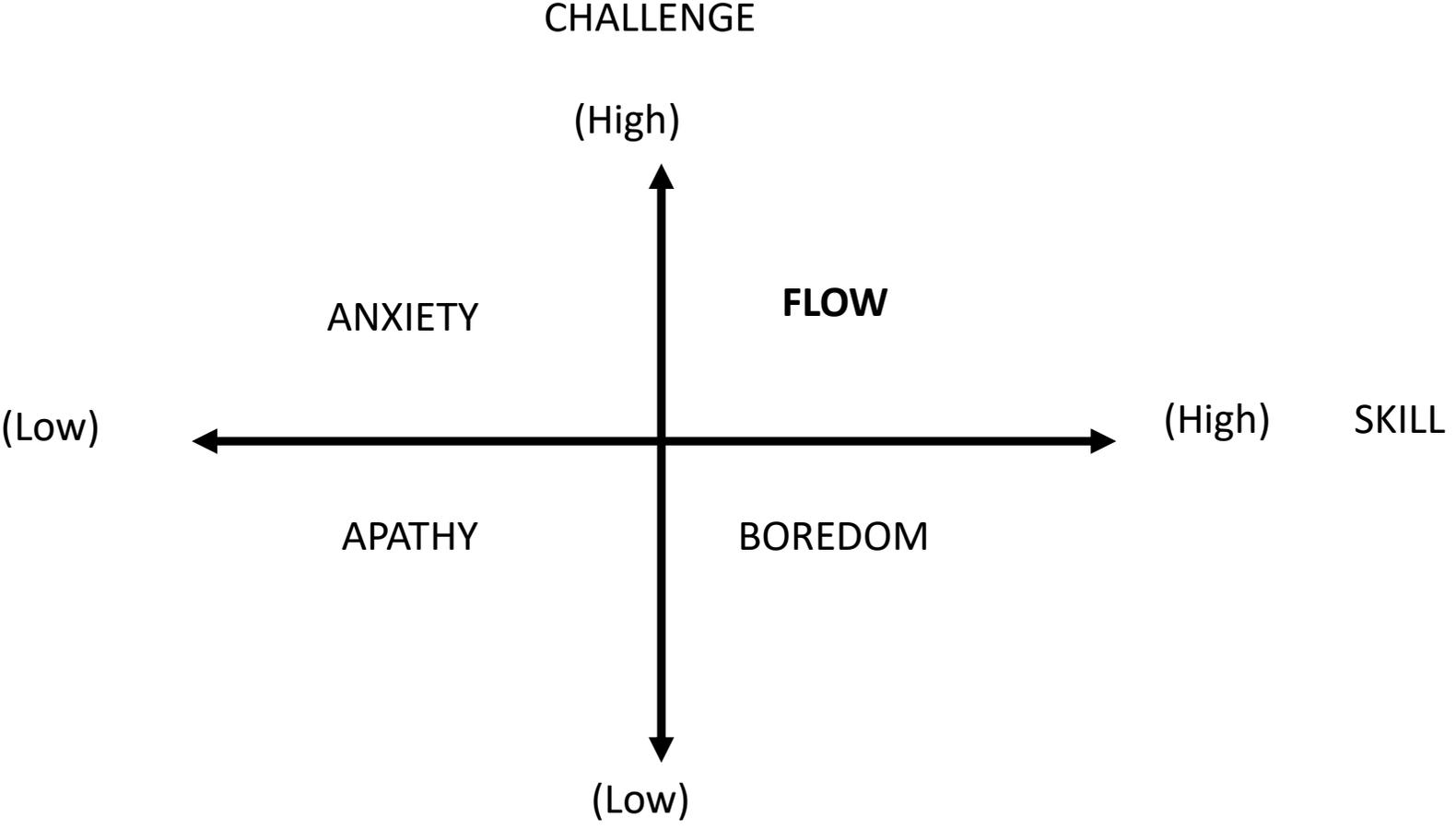
- PULL (task-intrinsic)
 - Ask athletes what they SEE (subjective error estimation)
- PUSH (augmented)
 - Supplement what athlete can already see or feel for themselves

FLOW DIMENSIONS

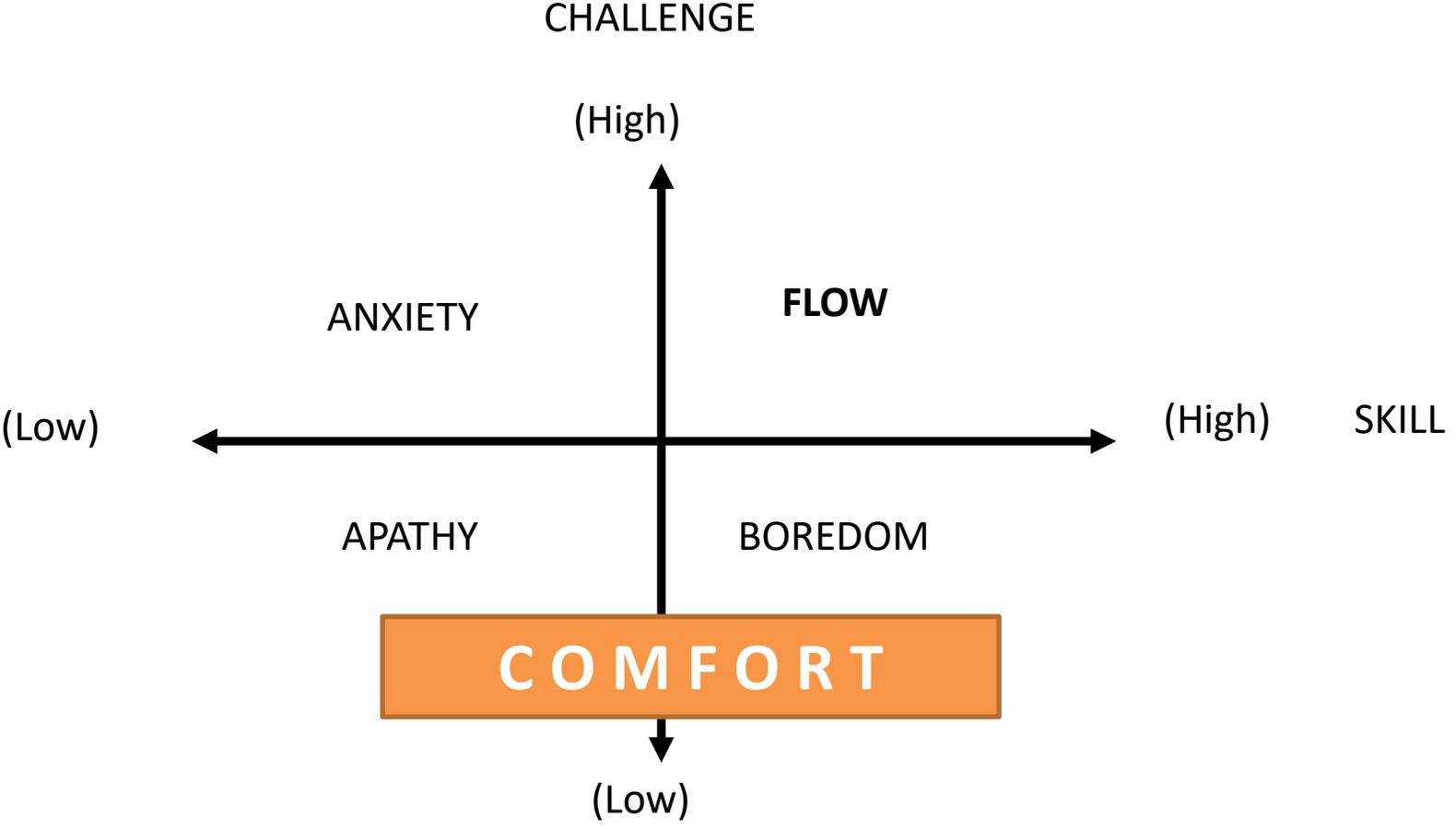


1. Challenge-skill balance
2. Action-awareness
3. Clear goals
4. Unambiguous feedback
5. Concentration
6. Sense of control
7. Loss of self-consciousness
8. Transformation of time
9. Autotelic experience

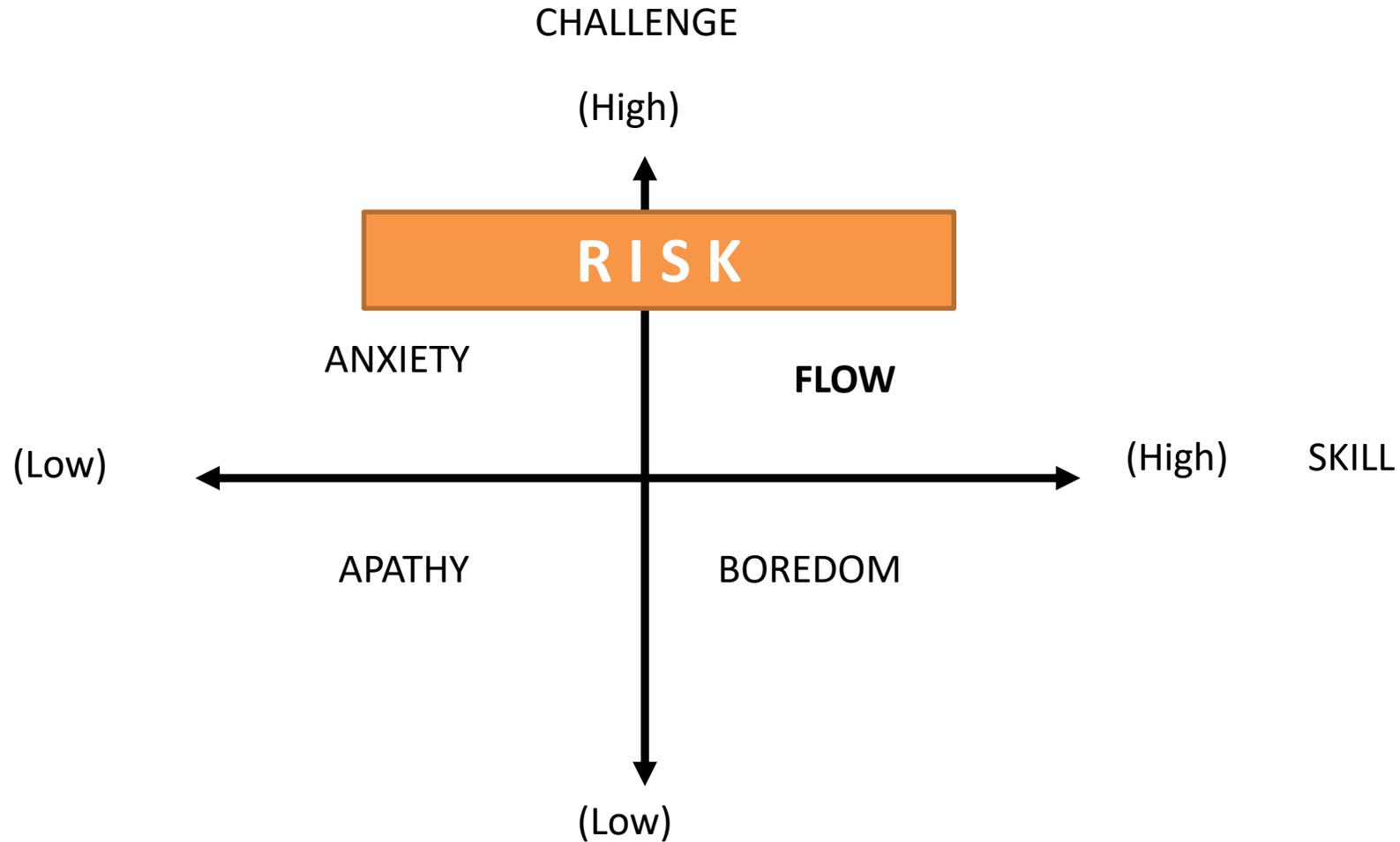
Challenge-Skills Quadrants



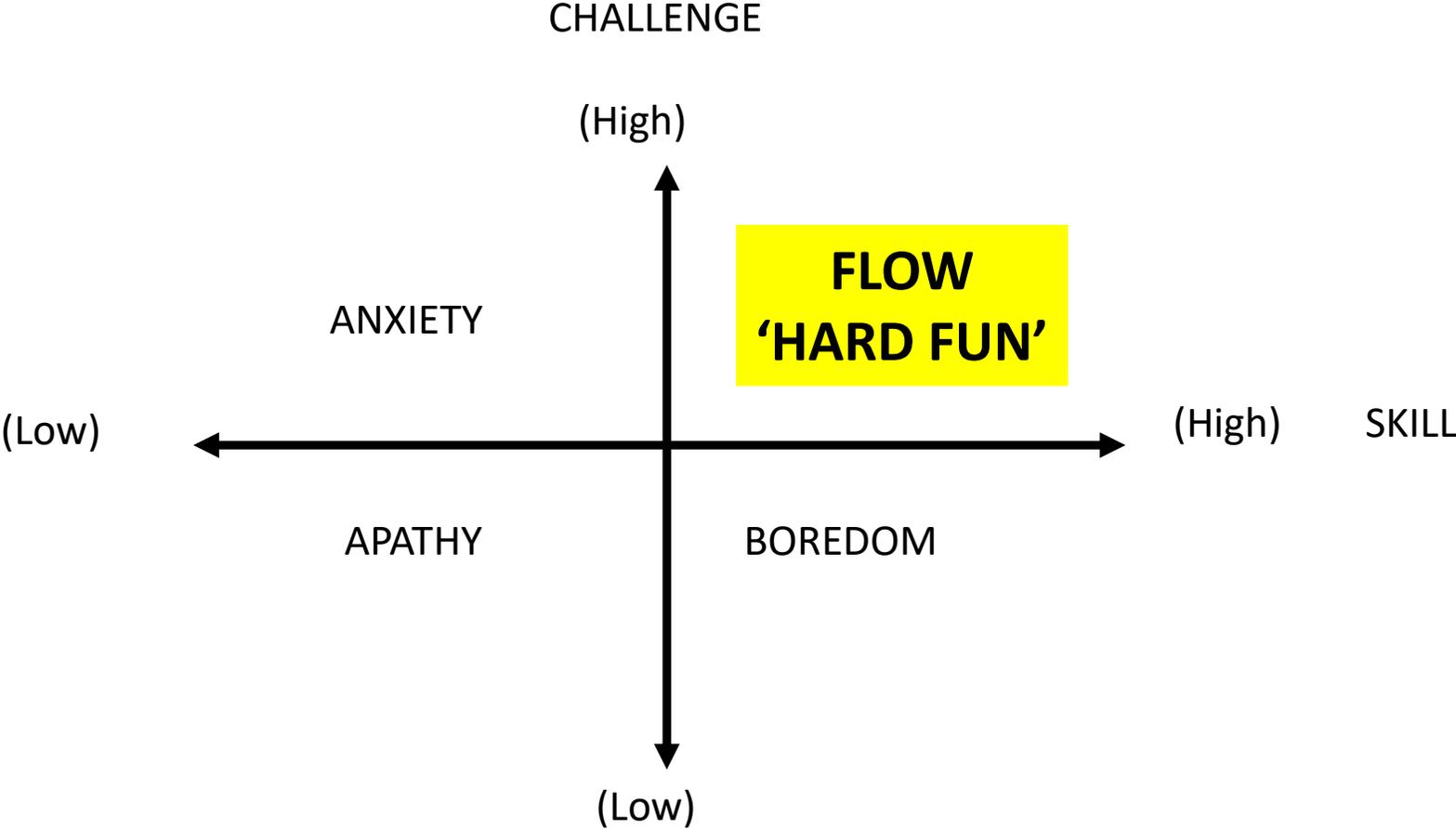
Challenge-Skills Quadrants



Challenge-Skills Quadrants



Challenge-Skills Quadrants

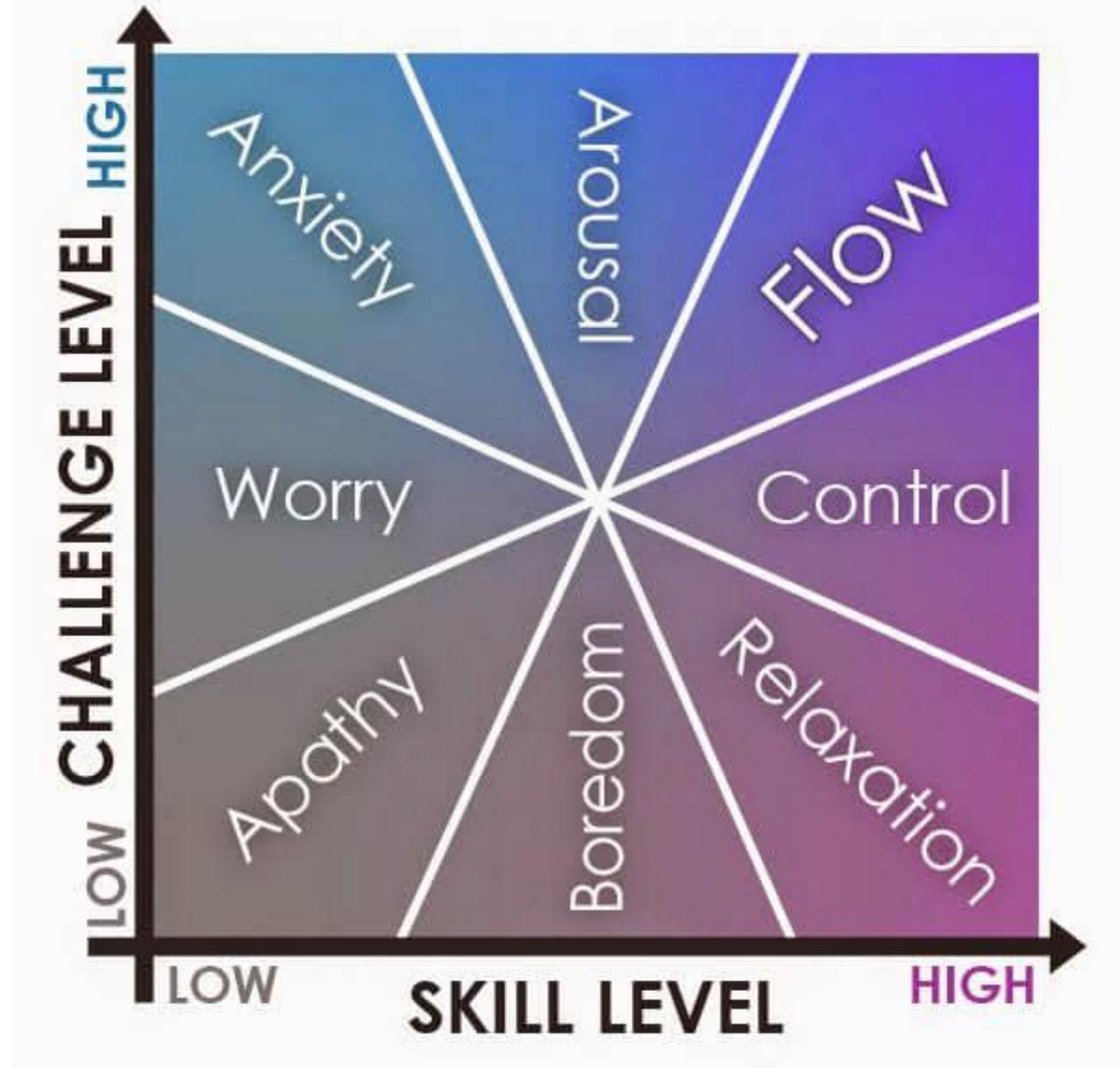


Challenge-Skills Balance

- Key is individual perception of challenge, not actual challenge
- Change the perception
- Help ↓ fear of failure
- Help ↑ confidence



<https://positivepsychology.com/what-is-flow/>



YOUR FLOW PROFILE?

Learn Your Flow Superpowers (and how to avoid your Kryptonite)



Get into the Zone faster



Understand your behaviour and instincts



Learn about key things to get more Flow in your life

Take The Quiz Now

Start Answering the Questions Below to Get Started

www.flowgenomeproject.com/flow-profile

Building Trust

To me, the Xs and Os . . . they're an important part of coaching but a relatively small part. Eighty percent of it is just relationships and atmosphere. (Steve Kerr)



Spotify

Two Champions on Mentors, Philosophies, and Why They Coach (Premiere Episode!)

Flying Coach With Steve Kerr and Pete Carroll

Follow

15 38:10 ...

Trust and Performance



High team trust = high success rate



Low team trust = low success rate





Journal of Sport Psychology in Action, 1:86–94, 2010
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ISSN: 2152-0704 print / 2152-0712 online
DOI: 10.1080/21520704.2010.528172



The Pyramid of Teaching Success in Sport: Lessons from Applied Science and Effective Coaches

An Integrative Definition of Coaching
Effectiveness and Expertise

by

Jean Côté and Wade Gilbert

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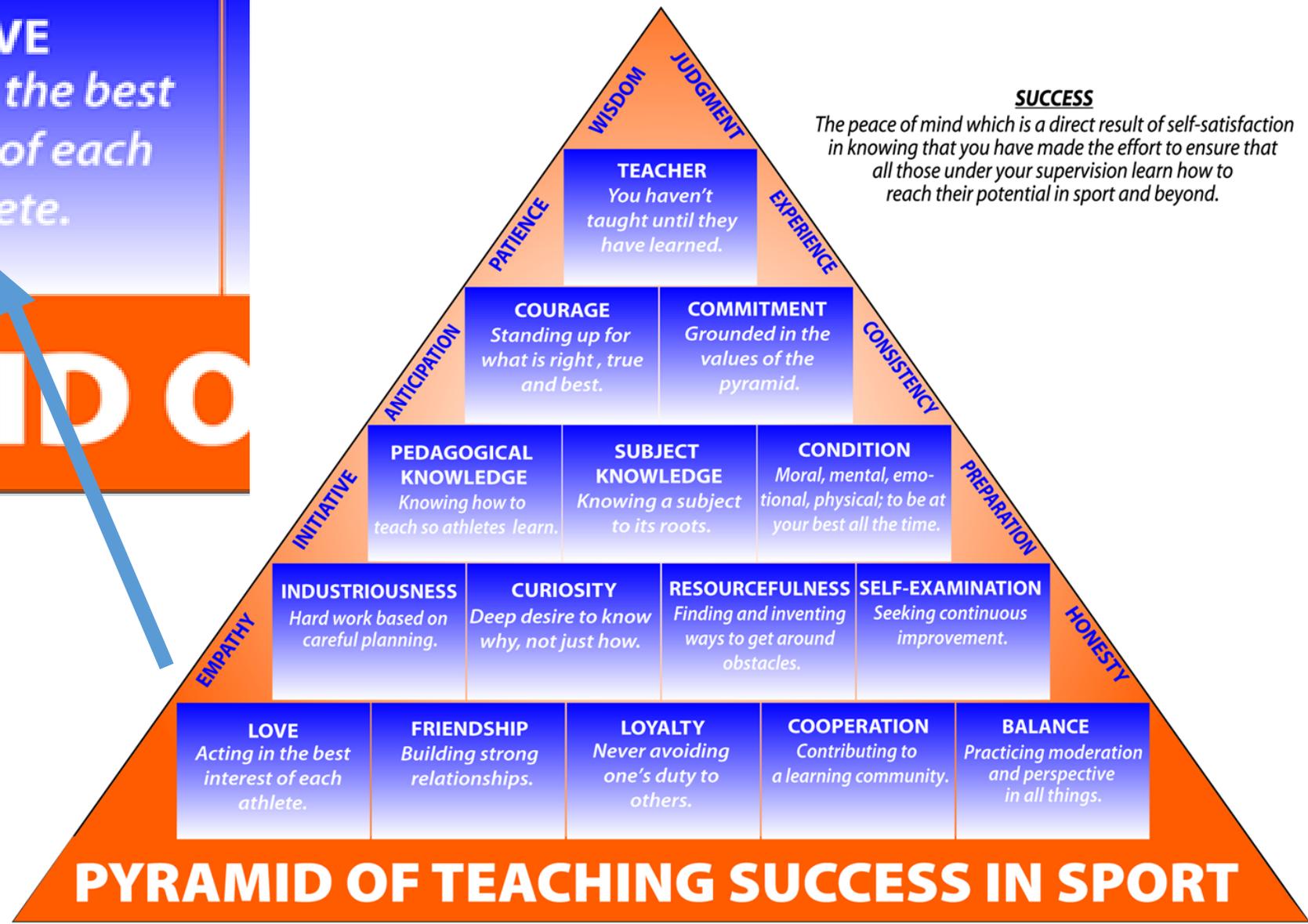
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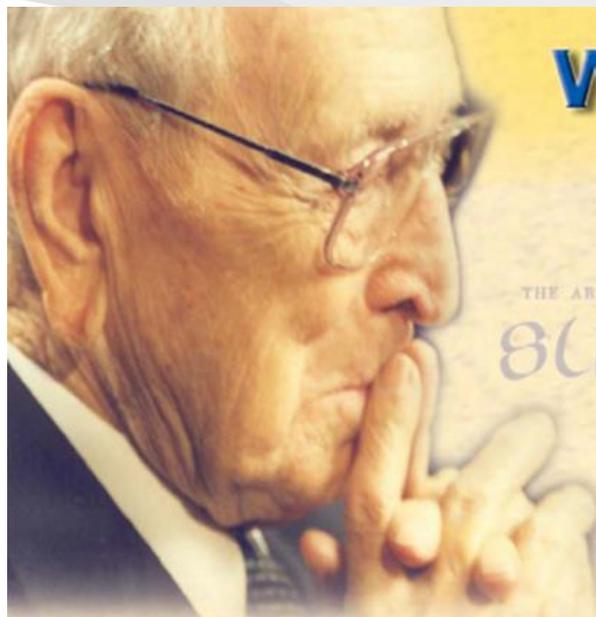




SUCCESS
 The peace of mind which is a direct result of self-satisfaction in knowing that you have made the effort to ensure that all those under your supervision learn how to reach their potential in sport and beyond.



WOODEN ON LEADERSHIP™



THE ART OF
SUCCESS

PYRAMID OF SUCCESS

"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."

John Wooden, Head Coach

SUCCESS

Success is not a destination, it is a journey.

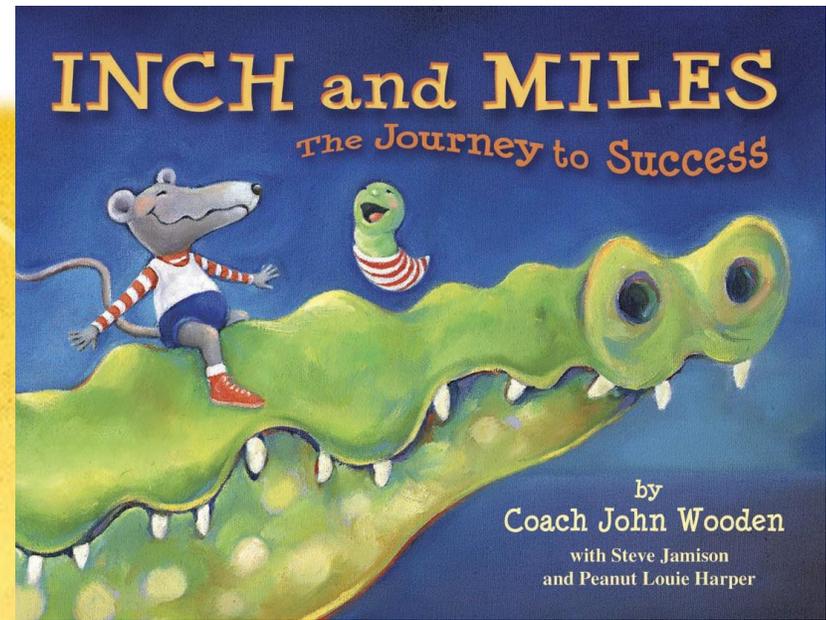
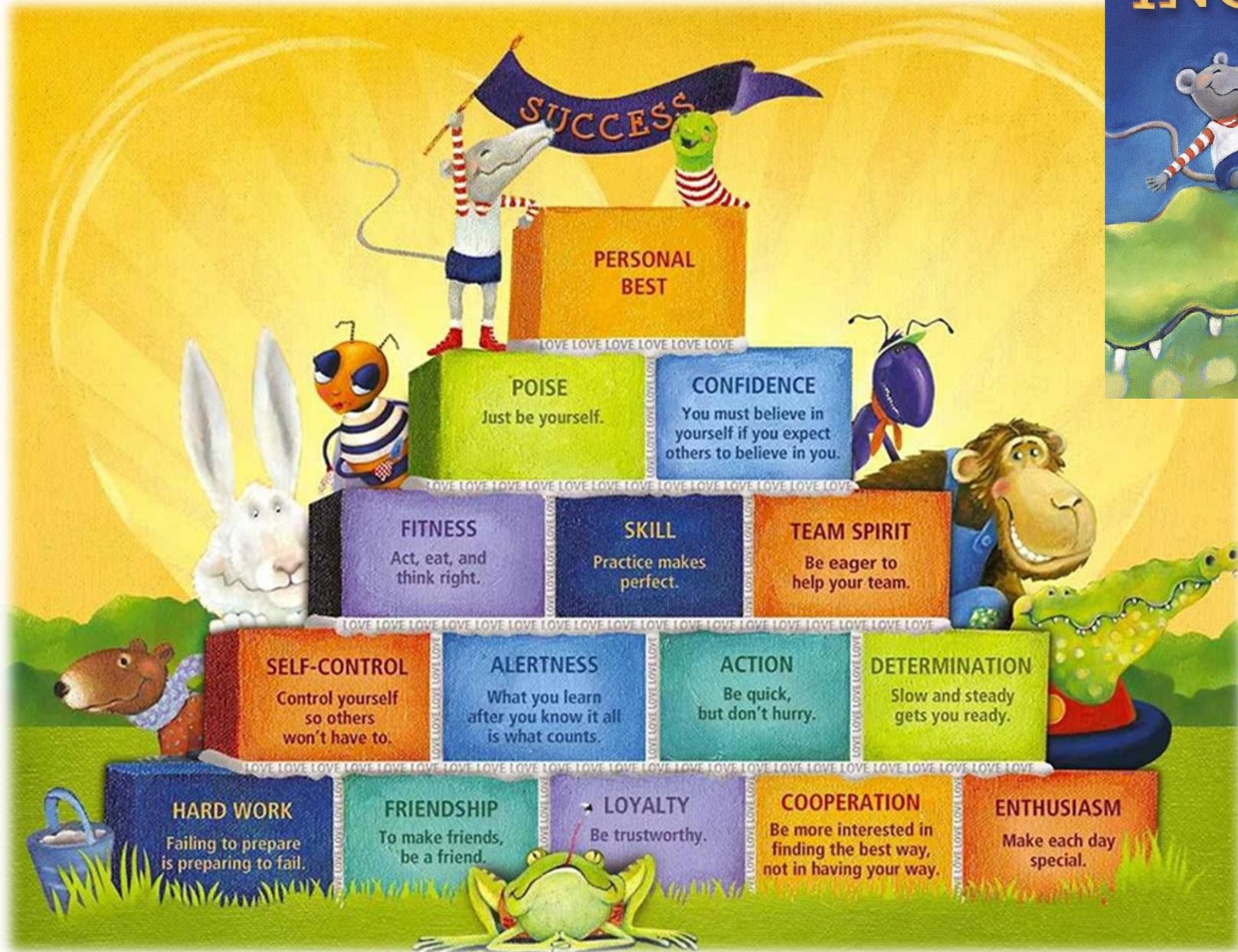
Leadership

*"Failure to prepare is preparing to fail"
"Don't mistake activity for achievement."*

ACHIEVEMENT

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.





FITNESS

Act, eat, and
think right.

SKILL

Practice makes
perfect.

TEAM SPIRIT

Be eager to
help your team.

SELF-CONTROL

Control yourself
so others
don't have to.

ALERTNESS

What you learn
after you know it all
is what counts.

ACTION

Be quick,
but don't hurry.

DETERMINATION

Slow and steady
gets you ready.

How vulnerability became sport's winning weapon

The Sydney Morning Herald

Clubs around the globe are embracing emotional openness as a means of fostering team spirit.

By Konrad Marshall

MAY 19, 2018



THE JON GORDON COMPANIES

JON GORDON'S WEEKLY NEWSLETTER

POSITIVE STRATEGIES TO FUEL YOUR LIFE AND CAREER

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September 23, 2013

My Favorite Team Building Exercises

3H: Hero,
Hardship, Highlight

HOW DO YOU EARN...



YOUR TEAMMATES' TRUST?

113.8K views

0:06 / 1:07



Team Trust Bank

Name: _____

Directions: Work in small groups to brainstorm a list of common coach and athlete behaviors that either build team trust (deposits) or erode team trust (withdrawals) from your team's trust bank. For example, arriving late to practice is a team trust withdrawal, whereas arriving early and being prepared for practice is a team trust deposit.

Trust deposits	Trust withdrawals



Culture is Caught, More than Taught



Spreading Your Team Culture like a Virus
Author: Dr. Wade Gilbert



Follow

A new study finds that greeting students at the door increases engagement by 20% and reduces disruptions by 9%—effectively adding 1 hour of learning per day.

edutopia.org/2018/08/22/greeting-students-at-the-door/



COACH DOC
CONNECTION

with Dr. Wade Gilbert

