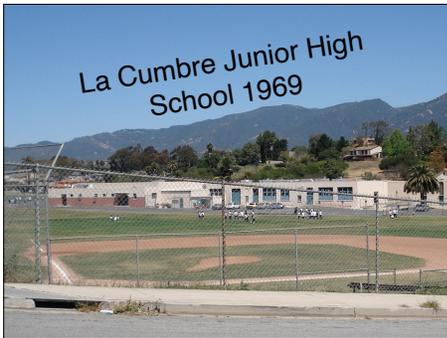


Coaching Better

50 Years of Lessons Learned

Vern Gambetta





La Cumbre Junior High School 1969



The line it is drawn
The course is cast
The slow one now
Will later be fast
As the present now
Will later be past
The order is
changing, rapidly
And the first one now
Will later be last
For the times they are a-changin'.

*20th Century Answers Will Not Solve
21st Century Problems!*

“A different future is possible
when we refuse to be
prisoners of the past”

Barack Obama



*Emancipate yourselves from mental slavery;
None but ourselves can free our minds.*

The Way We Were





You are important as a coach/teacher!



1963-64 VARSITY



Mastery

"...mastery is not about reaching perfection, but rather comes from maintaining a particular mindset as you move along the path of improvement in building your skills or overcoming challenges in any endeavor."

George Leonard



Your path is your path. Don't compare it to others. Everyone's journey, timeline, gifts, constraints, obstacles, & triumphs are different. Don't look left or right. Just keep looking within, look up & look forward.



Are You & Your Athletes Making the Champions Choice



Talent is your ticket to practice, it won't even get you in the meet!

Comfort Zone

Nothing Great is Achieved There

Get comfortable with being uncomfortable all the time



Achievement Triangle

Peak Performers are comfortable with being uncomfortable, they are constantly pushing the envelope

Peak Performance Zone

Willing to risk and get uncomfortable. In fact they are uncomfortable more than they are comfortable

High Performance Zone

There are less people here. More commitment, occasional risk. Occasionally uncomfortable

Performance Zone

The Comfort Zone is where most people operate, they are satisfied and always comfortable. They take no risks

Comfort Zone

Be Smart

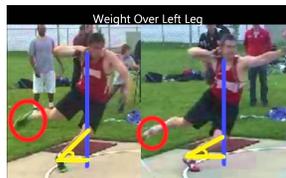
Work on something specific each day. Have a plan! Train with a purpose. Improvement is incremental. Small steps lead to big steps.



“Learning is not the same as education,
and busy is not the same as productive.”
Seth Godin

Technical Knowledge

This is a given, in some ways the easiest part
of coaching



Pressure

Pressure is what you make it! Use the pressure to make you better, internalize it and use it as a positive influence.



"Pressure is Power"

Maddie Rooney, GK US Women's Olympic Ice Hockey Team



Belief

Think you are the best and you are on your way. Confidence, believe in yourself, your preparation and your support system.



Routine

Great athletes doing the same thing, the same way, at the same time each day. Regularity. You can set a clock by the great ones.





Work

Everyone works. The great ones work smarter. Objectively analyze your strengths and weaknesses. Minimize your weaknesses and optimize your strengths. Bring your weaknesses up to the level of your strengths.

1440

Teamwork



Discipline

Sticking with it through good and bad.
Highest form of discipline is self discipline.



Coaching is
Making
Excellence A
Habit

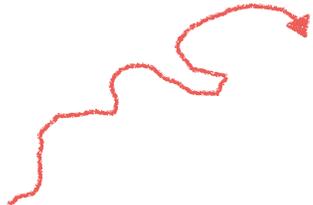
Mission Statement

To instill a culture of daily physical preparation that grows & nurtures adaptable athletes who understand the wisdom of their bodies, its ability to self organize & solve movement problems.

The Coaching Process

The process of coaching is principle driven, has a foundation in pedagogy, supported by science, forged in experience, proven & tested in the competitive arena.

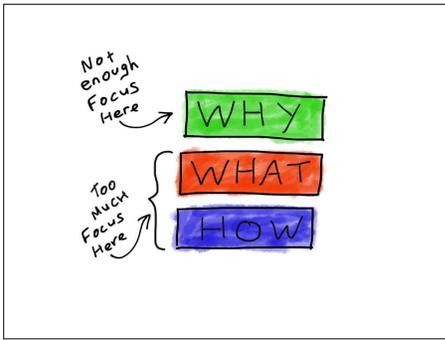




Know the basics

Master the basics

Don't deviate from
basics



Coaching is Solving Mysteries

Mysteries



Murkier, less well defined

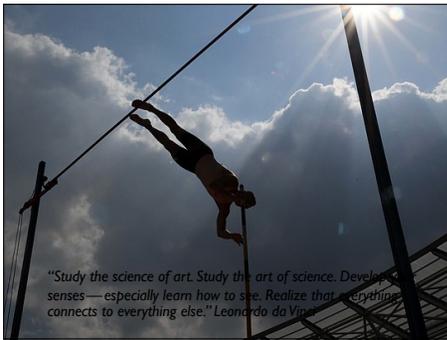
No definite answers

Why & how ?'s

Stay Curious

Combine experts knowledge with a child's eyes and enthusiasm

Find the edge between domains and operate there



**"When people believe in boundaries,
they become part of them."**

Jazz legend Don Cherry

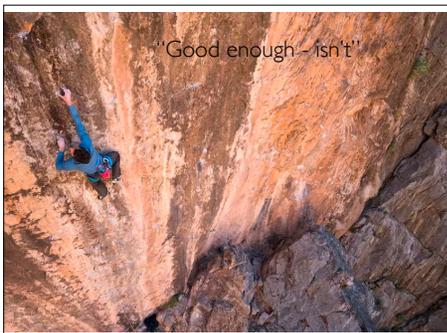


Barriers & Limits



"The human body is centuries in advance of the physiologist, it can perform an integration of heart, lungs and muscles which is too complex for the scientist to analyze."

Sir Roger Banister



Culture

Culture drives expectations & beliefs

Expectations & beliefs drive behavior

Behavior drives habits

It all starts with culture

Smith & Gordon

Clay Erro Culture Principles



Clay Erro Culture Principles

We Not Me

Erro Clay Erro Culture Principles

No Interest Groups

Clay Erro Culture Principles

No Messengers

Clay Erro Culture Principles

No Excuses

Simple Rules to Change Your World

Stay Basic

Stay Hungry

Stay Focused

Stay Excited

Stay Uncomfortable

Stay You

Stay Passionate

Stay a Child

"I like nonsense; it wakes up the brain cells. Fantasy is a necessary ingredient in living; it's a way of looking at life through the wrong end of a telescope."
Theodor Seuss Geisel
AKA Dr Seuss



Smiles will get you miles



Own the Finish







<http://www.hmmrmedia.com/>



Blog: functionalpathtraining.typepad.com
Twitter: @coachgambetta
Web Page: <http://www.thegainnetwork.com>
email: gstscoach@gmail.com
