Psychological Aspects of Coaching

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Introduction to Class

- Bi-Motor Skills
- Tactical & Technical Skills
- Mental Skills
Research on elite athletes shows that most successful athletes differ from less successful ones because they have

- better concentration,
- higher confidence,
- more task-oriented thoughts,
- lower anxiety,

(continued)
Research on elite athletes shows that most successful athletes differ from less successful ones because they have

- more positive thoughts and images, and
- more determination or commitment.
Athletes and coaches found the most useful topics to be:

- arousal regulation,
- imagery and mental preparation,
- increased motivation and commitment (goal setting),
- confidence,

(continued)
Athletes and coaches found the most useful topics to be

- attention or concentration,
- self-talk, and
- mental plans.
Course Focus

• Study the above mental skills from the athletes and coaches perspective that enhance sport performance.

• Study Team Cohesion.
  – Based on the assumption that many of you desire to coach a team sport.
  – Based on the assumption that there is a linear relations between the level of team cohesion and team success.
First Team Meeting

According to successful coaches, What should be covered during the first team meeting conducted just prior to your first practice?
Athlete & Background

• Each member of the class introduce yourself and indicate your athletic background, major, and future aspirations in coaching and/or athletic.
  – i.e. Joe Runner
    – Track & Cross country at H.S and presently at UMD
    – Major: Physical Education
    – Head Track Coach at H.S. or College Level
    – Conference Champion in 10K and qualify for Olympic Trials
Coaches Introduction

• Athletic Background
  – Letter winner in track & cross country in H.S. & University
  – Member of two conference championship track teams at the University level
  – Won two marathons; finished in top 5 in 10 marathons; finished 38 marathons, 25 under 2:30; 10 under 2:25.
  – 30:01 10K & 14:36 5K runner
  – Member of National Reebok early 80’s, Oregon Track Club, Iowa State Prairie Track Club, Prairie Striders
  – USTFF Southeastern 30K Champion
  – Midwest Masters 10 mile & ½ Marathon Champion
  – Midwest Triathlon 50-54 Age Division Champion 2001-2004
Coaching Background

- Six years of coaching track and crosscountry at the J.H.S. & H.S. level.
  - Coached the Nebraska state crosscountry champion and 2 mile champion.
  - Teams finished in top 4 in 5 out of the six years.
- Assistant track coach at Iowa State University. Coached several All-American Distance Runners
- Head Men’s and Women’s Cross country and Track Coach at Northern State University (1979 to 1986).
  - Cross country teams finished 6, 9, & 11 at NAIA Nationals
  - District NAIA 12 Cross Country Championships (1980-86)
  - District NAIA Track Championships (81,83-84)
  - NSIC Cross Country Championships (83 & 84)
  - NAIA All Americans in Track and Crosscountry
What I want from this team!

• Be here on time!
• Participate in the activities
• Read the assigned text’s and outside materials
  – Be proactive: read the assigned materials ahead of time.
• Be open minded!
• Complete the assignments on time.
• Ask the instructor; if you don’t understand
• Ask questions if confused.
• Study for the written tests.
• Don’t assume that everything we discuss in class will be on the test.
• If you are going to absent, realize it is your responsibility to know what we did in class.
• Treat one another with respect.
• Only worry about things that are in your control.
What is important!

• That you set daily and week goals to learn about psychological aspects that effect team and individual athletic performance.
  – A part of each week will be committed to reading and study.
  – You plan for upcoming tests
  – You are prepared for each class
  – You take notes each
  – You attend each class period
  – You participate in class
Team Rules

• Attendance will be taken at the beginning of period
• No late assignments will be accepted
• Attendance bonus will be awarded
• No incomplete grades will be given
• No make up test will be given without the instructor’s approval
Goals

• Point system of grading provide every student with possibility of earning an A.
• Study guides should be used to focus your readings and study.
• The paper or portfolio project is within your control.
Pick Team Captains

• Why would a coach want to pick team captains at the beginning of season rather than after the season?
• Why do many coaches pick them after the season?
Social

• Why is the social necessary?
• Should the social include parents?
Very First Team Meeting

• Athletic and Coaching Background
• Athlete’s Name and Background
• What the coach wants from this team?
• What is important!
• Discuss Team Rules & Discipline
• Establish Goals
• Pick Team Captains
• Have a practice followed by a social (Anshel, 1998)
Assignment

• Read Chapter 9 of William’s Text & Chapter one of Janssen Text.
• Bring a Family picture to class!
• On a 3 X 5 Card list 5 things about yourself that makes you a unique individual.