



# **OXFORD CITY ATHLETIC CLUB COACHING BELIEF SYSTEMS**

- BELIEFS
  - CAN DO
  - CAN'T DO
- NURTURE OR NATURE?
- ROLE MODELS - MALE/FEMALE
- PARENTAL INPUT
- PEER GROUP PRESSURES
- ROLE OF THE COACH

# BELIEF SYSTEMS

- HOW DO YOU GET BETTER AT THINGS?
- WHO TELLS YOU THAT YOU ARE DEVELOPING?
- WHAT MONITORING IS REQUIRED?
- WHAT IS THE EXPECTED PROGRESS FOR A 12 YEAR OLD ATHLETE?
- WHAT GOAL SETTING SHOULD I SEE?
- ENCOURAGEMENT/DIS-COURAGEMENT!!
- PROBLEM RESOLUTION

# BELIEF SYSTEMS

- CAN'T DO
  - YOUR HOPELESS
  - YOU'LL NEVER DO THAT
  - YOU CAN'T .....
  - YOUR ONLY A GIRL/CHILD/BOY .....
  - YOU'LL NEVER WIN
- CAN DO
  - FOCUS ON THE POSITIVE
  - PSYCHOLOGY OF WINNING
    - AGE DEPENDANT.....2ND IS OK
  - PROGRESS NOT FAILURE
  - COMPETITION FOR LIFE

# NURTURE OR NATURE

- NURTURE

- BORN TO RUN
- ENCOURAGED
- TRAINED
- EXAMPLES
- DIRECTION

- NATURE

- BORN TO RUN
- 'NATURAL TALENT'
- TORTOISE & HARE
- KEEPING FOCUS - TOO MUCH TALENT
- INTEREST & TRAINING THE TALENT

# ROLE MODELS MALE / FEMALE

- WHY IS IT IMPORTANT
- WHO ARE MY IDOLS
- LET'S DO THE JESUS THING.....
- ADMIRE OR ASPIRE?
- EXAMPLES CLOSE TO HOME
- WOMEN FAIL!
- WHAT CHANCE HAVE I GOT?

# PARENTAL INPUT

- MUM AND DAD KNOW BEST
- I WANT JOHN / JANE TO BE .....
- PRESSURE YOUR KIDS
- SUPPORT NOT SUFFOCATE
- STRIKING A HEALTHY BALANCE
- SO WHAT DO I DO WHILST THEY TRAIN?
- COMMITMENT
- TRAINING DAYS / EVENT DAYS - SUPPORT
  - HOW CLOSE SHOULD I BE.....

# PEER GROUP PRESSURE

- GIRLS WEAR MAKEUP!
- I CAN'T DO THAT .....EMBARESSMENT
- BIG GROUP / SMALL GROUP
- THE THINKER - THE DOER
- SKILL DEVELOPMENT
- STANDING OUT FROM THE CROWD
  - 100,000 PEOPLE IN THE OLYMPIC STADIUM.... OH DEAR!

# ROLE OF THE COACH

- SO WHAT DOES THE COACH DO
- DIRECT - INDIRECT
- TIME FOR THE TRUTH
- PROCESSING THE ATHLETE
- SUPPORT AT EVENTS
  - CAN I REALLY HAVE AN IMPACT ON THE DAY
  - WE DID THAT ON THE TRAINING GROUND
  - DEVELOPMENT OPPORTUNITY
  - OBSERVATION
- TIME TO CONCENTRATE
- TIME TO MOVE ON

# QUESTIONS

- HOW CAN I AVOID THE PITFALLS
- NOT EVERYONE CAN BE LINFORD
- 19 OTHER SPORTS IN ATHLETICS
- STRIKING A BALANCE
- JOHN / JANE ARE GOOD AT LOTS OF SPORTS

ENCOURAGE,  
DON'T CRITICISE,  
DON'T EXPECT



# Preparation is a Discipline

Frank Dick OBE

