Pre and Post Race 'Process Focused' Goal Setting and Feedback

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Domestic Competition Review

- Clear development period from September March
- Swimmers still required to compete for what reason?
- Short Course season until December to focus primarily upon skills (starts/ turns/ underwater phases/ transitions to stroke)
- Revert to a Long Course focus post Xmas
- Aim to maintain focus on the process to deliver the required outcome when it matters!

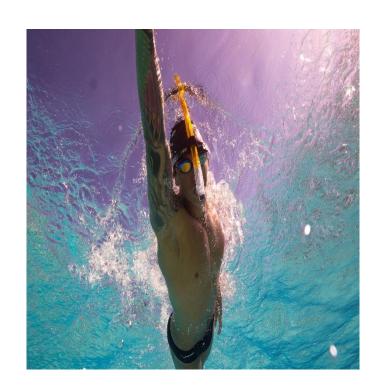
Transfer of Skills: Training into Competition

Early season training

- technical focus
- learn and consolidate new skills
- improve current techniques

Early season competition

- freedom to execute the new skills acquired in competition
- experiment with different racing strategies





Some Examples ...

Backstroke to Breaststroke Crossover Turn

- break down the skill (approach rotation transition)
- ensure a legal turn can be executed at speed

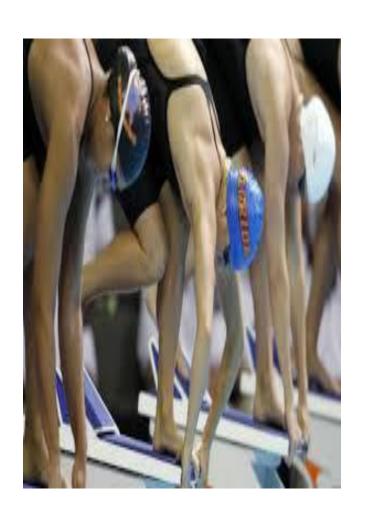
Increase number of dolphin kicks per wall

 practise the ability to hold speed over greater distances, maintain speed into breakout, hold consistent kick counts off all walls

Attempt to negative split middle distance freestyle events

 experiment with easy speed through the first part of the race to see the effect on back end speed

Race Objectives Pro forma



Basic template to allow clear racing goals to be established

'Process' goals only:

- no split / overall target times
- no reference to outcome measures (beating certain opponents/ winning medals)



Name:



Competition		Rate = Grea				to 5 nchieved
Event		Н	S-I	7]	F ((Circle)
Main Objective		1	2	3	4	5
2 nd Objective		1	2	3	4	5
Split Emphasis [Not times]	$\frac{1^{\text{st}} \ 25/50/100}{2^{\text{nd}} \ 25/50/100} \qquad \frac{3^{\text{rd}} \ 25/50/100}{2^{\text{nd}} \ 25/50/100} \qquad \frac{4^{\text{th}} \ 25/50/100}{2^{\text{nd}} \ 25/50/100}$					
Issues to work on		1	2	3	4	5

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Issues to work on					1	2	3	4	5

TASK 1

Reflect on the last competition that you attended. Complete the 'race objectives' form based upon one of your swimmer's for their main event



TASK 2

Reflect again on the swimmer and event outlined in Task 1

Write down the key bullet points of the talk that took place between you and the swimmer **prior to** their race

Some points for discussion ...

Who lead the race talk?
Did you focus on process or outcome?
What would you do/ say differently next time?





Providing Feedback

- The poorest coaching feedback is often provided following the achievement of a successful outcome!
- Important to allow the swimmer time to reflect upon their own performance (during swim down)
- Encourage swimmers to feed back to you first do they know what went well/ not well?
- Consider using race footage (ipad) what else do they notice?
- Coach Evaluation was there anything that the swimmer was not aware of?



TASK 3

Reflect again on the swimmer and event outlined in Tasks 1 and 2

Write down the key bullet points of the talk that took place between you and the swimmer <u>after</u> their race

Points for discussion ...

Who lead the feedback talk?

When did the talk take place?

Did you focus on process or outcome?

What would you do/ say differently next time?





Any Questions?



