

UK 

Conversations to perform effectively



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What is the "The coach-Athlete Relationship"?

A coach-athlete relationship is defined as the situation in which *coaches' and athletes' feelings, thoughts and behaviours are interdependent.*

Jowett and colleagues







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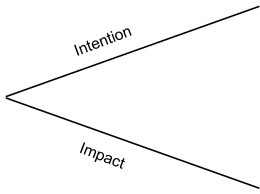
Feedback	Outcome
Wrong message at the wrong time	Disaster
Right message at the wrong time	Resistance
Wrong message at the right time	Mistake
Right message at the right time	Success


Adapted from: Vealey, R.S. (2006) Coaching for the Inner Edge. Morgantown, WV: Fitness Information Technology. ISBN: 978-1-885685-59-4.




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The Arc of Distortion











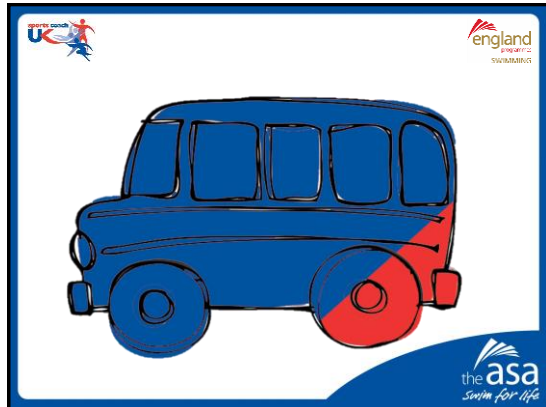
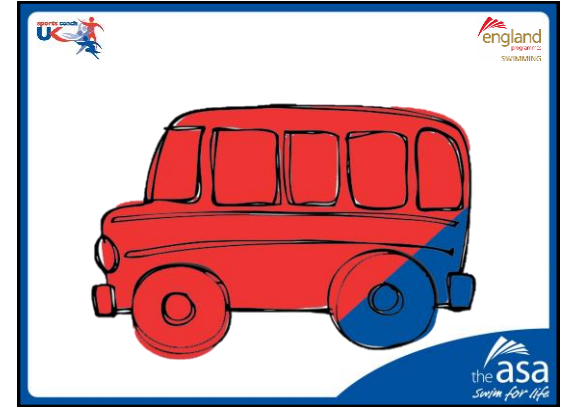
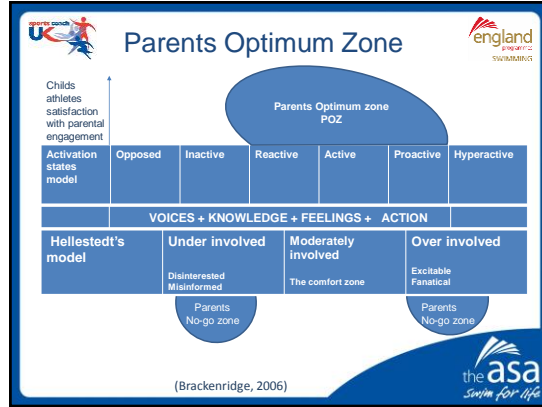
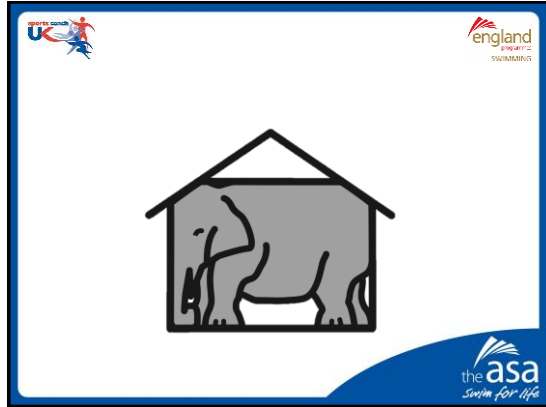
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3+1 Cs

 <p>Closeness (Feelings)</p> <p>... Openness ... Social Networks ... Support</p>	 <p>Commitment (Thoughts)</p> <p>... Conflict Management ... Assurance ... Support</p>	 <p>Complementarity (Behaviours)</p> <p>... Conflict Management ... Motivational ... Preventative</p>
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Co-orientation





The power of listening



Our varying views of the world mean that we often listen "autobiographically".
 Good listening = hard work
 is not the same as hearing
*Don't mistake hearing for listening - hearing is the act of receiving sounds, listening is an active process of **interpreting** and concentrating on those sounds – do we really do enough of that?*

LISTEN is an anagram of SILENT







The involved parent: parents creating pressure

(She) has a huge block about swimming fly any distance and it's been a row several times in the house – and it was a row at a swimming pool after a gala when [her father] drove away and left her there. Now it's not a huge distance for her to walk but I was horrified that my daughter was walking home distressed and took the car to find her (Mother).






Transitions... If I only knew

16 year old female swimmer who has repeatedly achieved regional times and camp opportunities but hasn't made the 'leap' to national. Many people believe she has the potential. She has decided to seek out and accept a scholarship in the USA.







16 year old female swimmer has decided to concentrate on her examinations and give up swimming. She made the nationals as a U15, is unsure of her long term potential and as such wants to make sure she does well in her GCSE's. She did consider balancing these with her training but after a brief conversation with her coach she felt he didn't understand her current 'needs' and it would be too difficult to manage. She was afraid that he would be disappointed with her.





16 year old female swimmer has been successful as an age group swimmer and attended the national skills camp. She has decided that to progress her swimming she has to move to a bigger swimming programme at a performance swimming club. This is a big jump to her current club which most of her friends attend with her, but she is looking forward, whilst apprehensive about the change.

And now.....

- Where next?
- What are your next stages
- What do you see as your key priorities?

