

# 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)

# Race Objectives

Name: \_\_\_\_\_



<b>Competition</b>					<b>Rate Objectives 1 to 5</b> 5 = Great, perfectly achieved				
<b>Event</b>					<b>H</b>	<b>S-F</b>	<b>F</b>	<b>(Circle)</b>	
<b>Main Objective</b>					<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>2<sup>nd</sup> Objective</b>					<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Split Emphasis</b> [Not times]	<u>1<sup>st</sup> 25/50/100</u>	<u>2<sup>nd</sup> 25/50/100</u>	<u>3<sup>rd</sup> 25/50/100</u>	<u>4<sup>th</sup> 25/50/100</u>					
<b>Issues to work on</b>					<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

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<b>Issues to work on</b>					<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

# 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 **after** 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?

