

Positive Coaching Scotland

Beth Macleod
Bob Wyllie

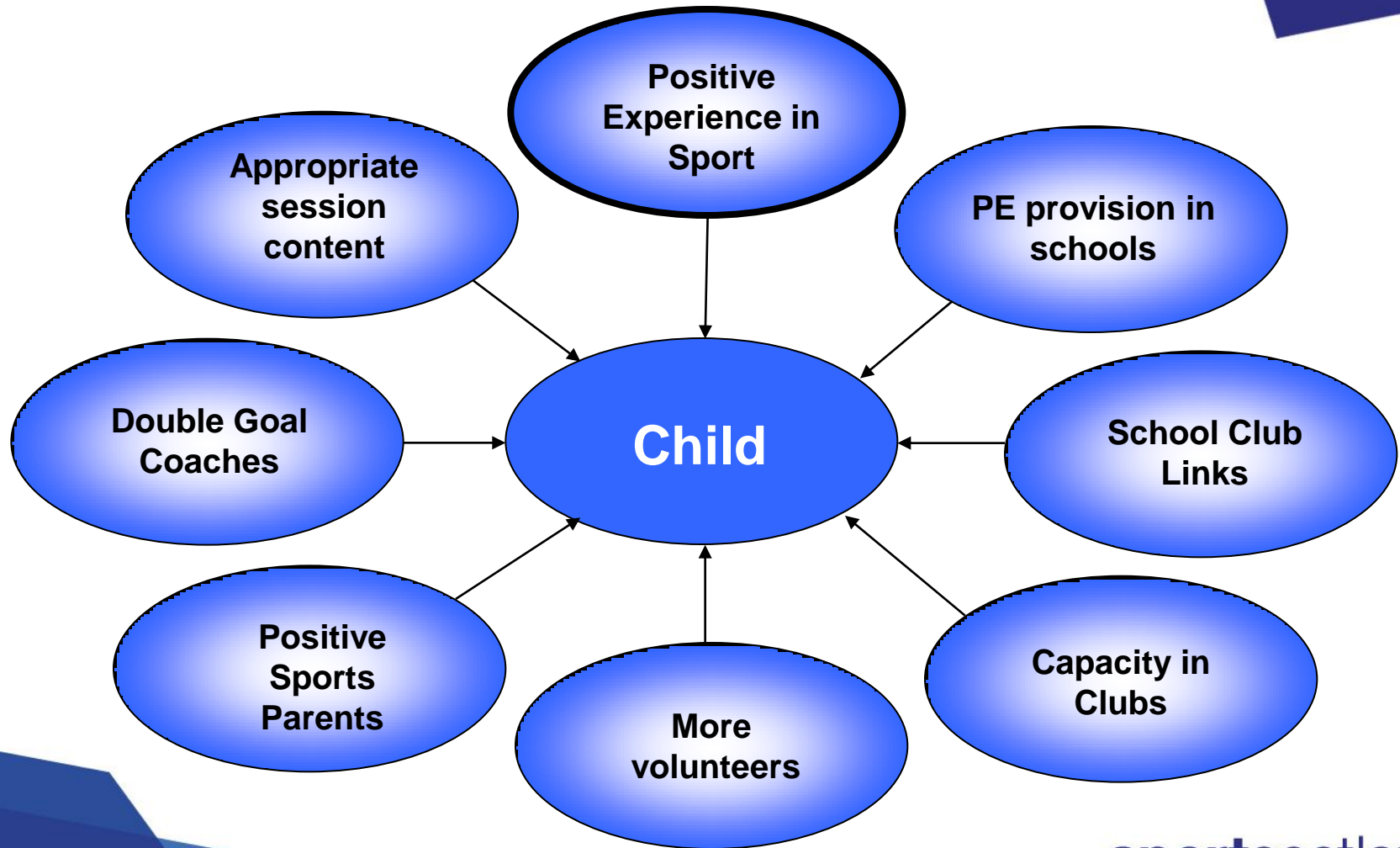
Background



WINNING
SCOTLAND
FOUNDATION



Sport in Scotland



How is it delivered?

- Materials
- Coaching tools
- Workshops
- Tutors





Three key principles

- Honour our sport
- Redefine 'winner'
- Fill the emotional tank

Positive Coaching Scotland

Transforming Scottish youth sport so sport can transform Scotland's youth



POSITIVE
COACHING
Scotland

Honour our sport

WINNING
SCOTLAND
FOUNDATION



sportscotland
the national agency for sport

Honour our sport (ROOTS)



R **O** **O** **T** **S**

RULES **OPPONENTS** **OFFICIALS** **TEAMATES** **SELF**

Coaching tools – Page 14

- Teaching and discussing ROOTS
- Culture keeper
- Practise through practice
- Parents' meeting
- Developing self control routines
- Teachable moments
- Nipping problems in the bud



Positive Coaching Scotland

Transforming Scottish youth sport so sport can transform Scotland's youth



POSITIVE
COACHING
Scotland

Redefine 'winner'

WINNING
SCOTLAND
FOUNDATION



sportscotland
the national agency for sport

Question!

- What is winning?

Oxford dictionary definition (Revised 2nd Edition)

Win

verb, won, win•ning

2: Manage to succeed or achieve something by effort: – a determination to win through against all odds.

Scoreboard culture

SCOREBOARD CULTURE

- Results driven
- Comparison with others
- Mistakes unacceptable

ATHLETE IS **NOT** IN CONTROL



Mastery Coaching

MASTERY COACHING

- **E**ffort
- **L**earning
- **M**istakes happen

ATHLETE **IS** IN CONTROL



Coaching tools – page 20

- Effort goals
- Stretch goals
- Effort logs
- Session plans
- Rewarding effort
- Dealing with mistakes



Positive Coaching Scotland

Transforming Scottish youth sport so sport can transform Scotland's youth



POSITIVE
COACHING
Scotland

Fill the emotional tank

WINNING
SCOTLAND
FOUNDATION



sportscotland
the national agency for sport

Emotional Tank



DRAINING THE TANK

- Criticising
- Using sarcasm
- Ignoring effort
- Using negative body language



Emotional Tank



FILLING THE TANK

- Praising truthfully and specifically
- Listening
- Showing appreciation
- Using positive body language





POSITIVE
COACHING
Scotland

Fill the emotional tank (ETANK)

E

ENCOURAGEMENT

T

TEACH & DISCUSS

A

APPRECIATE
EFFORT

N

NON-VERBAL
SUPPORT

K

KNOW HOW TO
PRAISE

Coaching tools – page 26

- Buddy system
- Fun activities
- Magic ratio (5:1)
- Giving constructive criticism
- Positive charting





POSITIVE
COACHING
Scotland

Questions?