

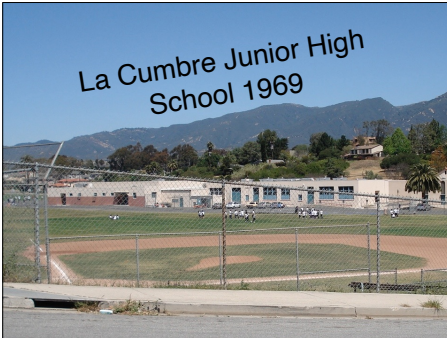
Coaching Better

50 Years of Lessons Learned

Vern Gambetta



La Cumbre Junior High
School 1969





The line it is drawn
The curse it is cast
The slow one now
Will later be fast
As the present now
Will later be past
The order is
Rapidly changin'
And the first one now
Will later be last
For the times they are a-changin'.

*20th Century Answers Will Not Solve
21st Century Problems!*

"A different future is possible
when we refuse to be
prisoners of the past"

Barack Obama



*Emancipate yourselves from mental slavery;
None but ourselves can free our minds.*

The Way We Were



You are important as a coach/teacher!



1963-64 VARSITY



Mastery

"...mastery is not about reaching perfection, but rather comes from maintaining a particular mindset as you move along the path of improvement in building your skills or overcoming challenges in any endeavor."

George Leonard



Your path is your path. Don't compare it to others.
Everyone's journey, timeline, gifts, constraints, obstacles,
& triumphs are different. Don't look left or right. Just
keep looking within, look up & look forward.



Are You & Your Athletes Making the
Champions Choice



Comfort Zone

Nothing Great is
Achieved There

Get comfortable
with being
uncomfortable all
the time



Achievement Triangle

Peak Performers are comfortable with being uncomfortable, they are constantly pushing the envelope

Willing to risk and get uncomfortable. In fact they are uncomfortable more than they are comfortable

There are less people here. More commitment, occasional risk. Occasionally uncomfortable

The Comfort Zone is where most people operate, they are satisfied and always comfortable. They take no risks



Be Smart

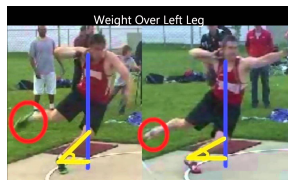
Work on something specific each day. Have a plan! Train with a purpose. Improvement is incremental. Small steps lead to big steps.



“Learning is not the same as education,
and busy is not the same as productive.”
Seth Godin

Technical Knowledge

This is a given, in some ways the easiest part
of coaching



Pressure

Pressure is what you make it! Use the pressure to make you better; internalize it and use it as a positive influence.



"Pressure is Power"

Maddie Rooney, GK US Women's Olympic Ice Hockey Team



Belief

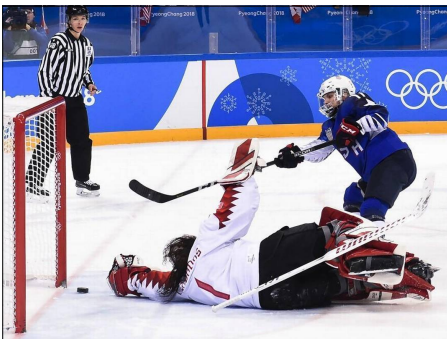
Think you are the best and you are on your way. Confidence, believe in yourself, your preparation and your support system.



Routine

Great athletes doing the same thing, the same way, at the same time each day. Regularity. You can set a clock by the great ones.





Work

Everyone works. The great ones work smarter. Objectively analyze your strengths and weaknesses. Minimize your weaknesses and optimize your strengths. Bring your weaknesses up to the level of your strengths.

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Teamwork



Discipline

Sticking with it through good and bad.
Highest form of discipline is self discipline.



Coaching is
Making
Excellence A
Habit

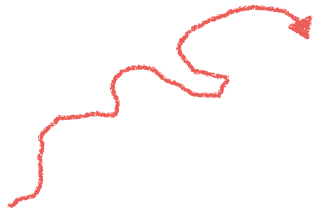
Mission Statement

To instill a culture of daily physical preparation that grows & nurtures adaptable athletes who understand the wisdom of their bodies, its ability to self organize & solve movement problems.

The Coaching Process

The process of coaching is principle driven, has a foundation in pedagogy, supported by science, forged in experience, proven & tested in the competitive arena.

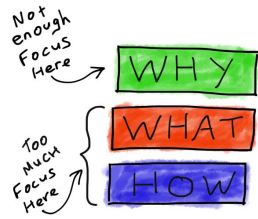




Know the basics

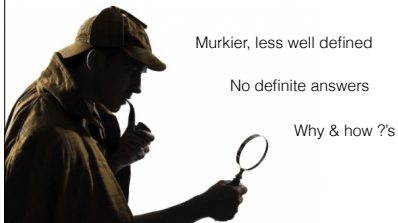
Master the basics

Don't deviate from
basics



Coaching is Solving Mysteries

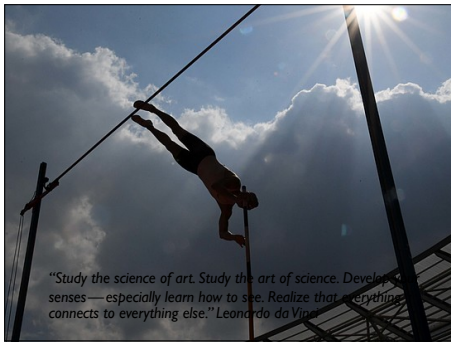
Mysteries



Stay Curious

Combine experts knowledge with a child's eyes and enthusiasm

Find the edge between domains and operate there



"Study the science of art. Study the art of science. Develop your senses — especially learn how to see. Realize that everything connects to everything else." Leonardo da Vinci

"When people believe in boundaries,
they become part of them."

Jazz legend Don Cherry



Barriers & Limits



"The human body is centuries in advance of the physiologist; it can perform an integration of heart, lungs and muscles which is too complex for the scientist to analyze."

Sir Roger Bannister



"Good enough - isn't it"

Culture

Culture drives expectations & beliefs

Expectations & beliefs drive behavior

Behavior drives habits

It all starts with culture

Smith & Gordon

Clay Erro Culture Principles



Clay Erro Culture Principles

We Not Me

Erro Clay Erro Culture Principles

No Interest Groups

No Messengers

No Excuses

Simple Rules to Change Your World

Stay Basic

Stay Hungry

Stay Focused

Stay Excited

Stay Uncomfortable

Stay You

Stay Passionate

Stay a Child

*"I like nonsense; it wakes
up the brain cells.
Fantasy is a necessary
ingredient in living; it's a
way of looking at life
through the wrong end
of a telescope."*

Theodor Seuss Geisel
AKA Dr Seuss



Smiles will get you miles



Own the Finish







<http://www.hmmrmedia.com/>



Blog: functionalpathtraining.typepad.com
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