

Developing Triple-Impact Competitors to Elevate the Game

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Today's Webinar Format

- Time: 45 minutes with time for Q&A
- Questions? Send them via the “Question” section on the right-hand side of your screen, we'll take them at the end of the presentation



Triple-Impact Competitor®



Triple-Impact Competitors Improve:

- THEMSELVES
 - The ELM Tree of Mastery
- THEIR TEAMMATES
 - Filling Emotional Tanks
- THE GAME
 - Honoring the Game



Making Themselves Better

- ELM Tree of Mastery
 - Effort
 - Learning
 - Mistakes are “OK”





Making Themselves Better

Effort as a Habit

Setting and Accomplishing Goals

- Effort Goals
- Stretch Goals





Making Themselves Better

Cultivate a Teachable Spirit

- The WAG Approach
 - Watch
 - Ask
 - Get Coaching
- Remember to encourage athletes throughout this process. It's difficult to change behavior, so sometimes we look/feel silly when we try new things.



Making Themselves Better

Embrace Mistakes to Improve Performance

- Mistake Ritual
- Positively affects anxiety
- Increases confidence





Making Themselves Better

Gain a Mental Edge

- Visualization
 - Mental Rehearsal
 - Catastrophization
- “Off” Days
 - Plan A, B, C





Making Teammates Better

Leadership is...

- A role; *not* tied to a title
- Open to anyone committed to the big picture
- The release of energy





Making Teammates Better

Characteristics of a Leader

- Fill Emotional Tanks
- Develop Double-Vision
- Focus on Team Culture





Making Teammates Better

Emotional Tanks

- Commit to being a tank-filler
- Avoid unnecessary criticism
- Remember the “Magic Ratio”





Making Teammates Better

Develop Double Vision

“When things go well, the right people point out the window...they shine a light on other people who contributed to the success and take little credit themselves...when things go awry, they do not blame circumstances or other people...they point in the mirror and say, ‘I’m responsible.’”

Jim Collins, author/business consultant



Making Teammates Better

Develop Double Vision

- Self-assessment
- See the “big picture”
- Mirror versus Window





Making Teammates Better

Tools

- Mentor roles for veteran athletes
- Buddy System
- Receivable Feedback
 - Provide positive feedback publicly
 - Use “If-Then” statements
 - Avoid NON-teachable moments





Making The Game Better

- Honor the Game
 - “The Way We do Things Here.”
- Honor the Game Routines
 - Individual
 - Team
- Moral Courage





Making The Game Better

Honor the Game

Respect for:

- Rules
- Opponents
- Officials
- Teammates
- Self





Making The Game Better

Honor the Game Routines

- Individual
 - Self-control routine
 - Thank you's to the refs/officials
- Team
 - Post-game cheer for opponent
 - Post-game handshake with opponents and officials



Making The Game Better

Moral Courage

Encourage Athletes to:

- Lead by example
- Stand up against bullying
- Include the excluded
- Respond to appropriate authority
- Support school & community





Making The Game Better

Tools

- Develop personal and team HTG routines
- Systematically teach respect for Officials
- Seize teachable moments
- Ask Coaches to develop their own HTG routine to set the example

Visit our publisher, Balance Sports Publishing, for more information about *Elevating Your Game*, written by PCA Executive Director Jim Thompson
<http://www.balancesportspublishing.com>



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After today's presentation, if you have any questions, please contact:

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Thank you for attending!

For more information about Online Registration & League Management software please contact us at ActiveSports@ActiveNetwork.com