

II Youth Coaching Conference
National Youth Sport Institute Singapore

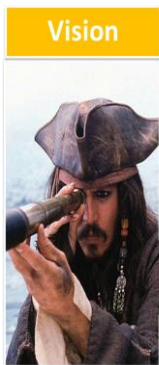
What Youth Coaches Can Learn from Olympic Serial Winning Coaches

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YOUTH COACHING CONFERENCE 2018
2 & 3 February
EFFECTIVE YOUTH COACHING
the path to success

NATIONAL YOUTH SPORTS INSTITUTE
LEEDS BECKETT UNIVERSITY
ICCE





- Developing a clear **vision** underpinned by a clear **philosophy**
- Ability to see **into the future**
- Capacity to **simplify complexity**
- Thorough **action planning**
- Constant **reviewing and adjusting**.

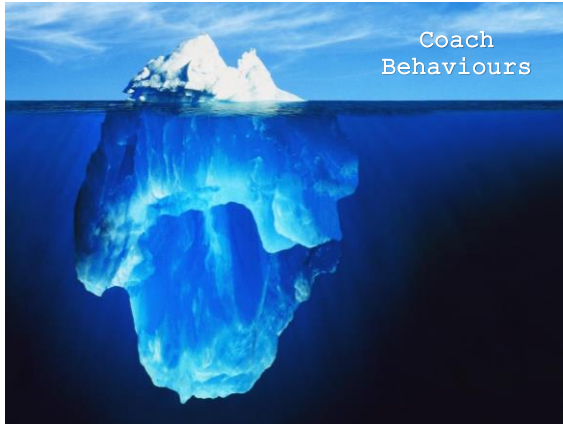


- **People selection** (athletes and staff)
- **Believe** in ME (the coach), in YOURSELF (the athlete) and in US (the team and organisation)
- **Managing** the High Performance Team & Entourage



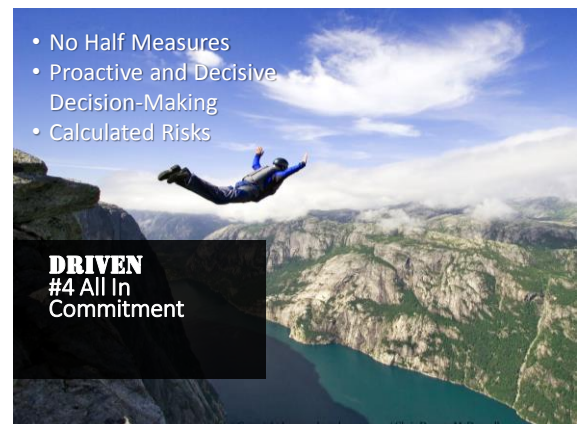
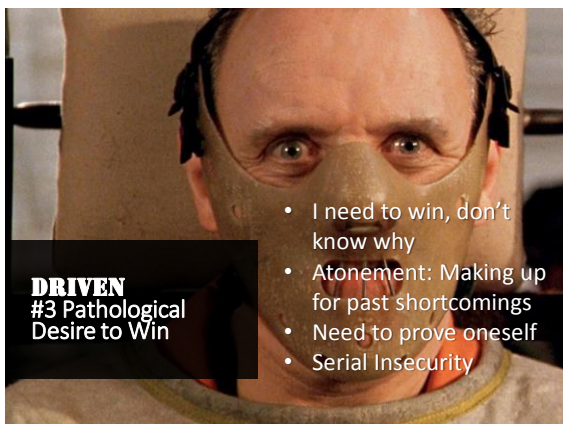
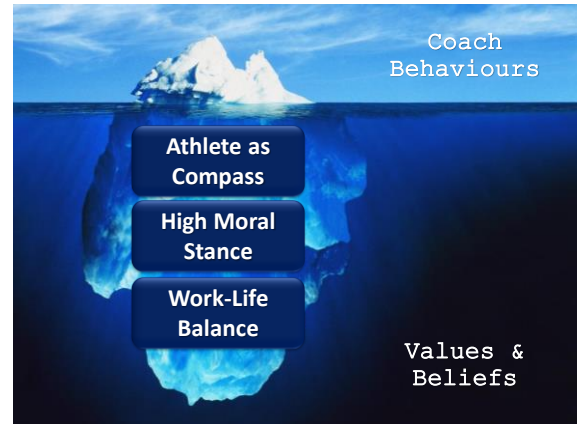
- High Expectations & Demands
- No Stone Unturned
- Challenging Training Environment
- Greenhouse Effect (Dependability & Stability)
- Influencing Up & Down

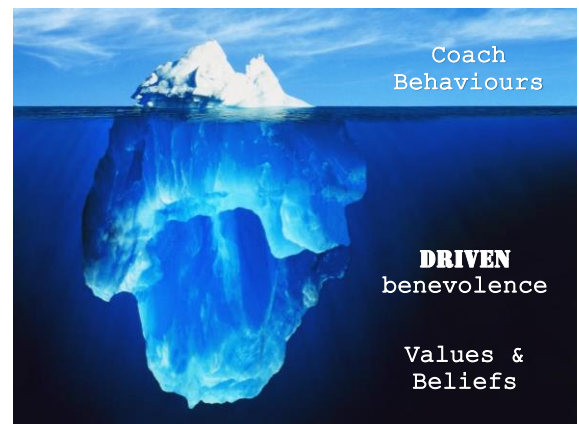
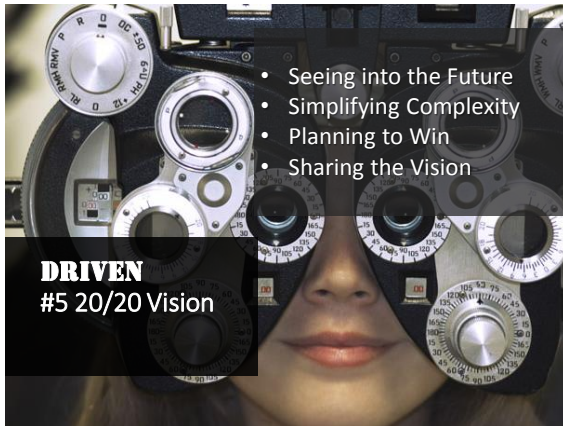





The *relentless pursuit of excellence*
balanced with a genuine
desire to compassionately support athletes
and oneself










Cognitive & Emotional Flexibility

Cognitive Flexibility

1. Chameleon Behaviours
2. Creative Solutions
3. Self Awareness & Self-Control
4. Quick Learners

Emotional Flexibility

1. Enjoying the Roller Coaster
2. Live Another Day
3. Compassion to others and oneself



Adaptable Coach Behaviours

Cognitive & Emotional Flexibility

DRIVEN benevolence

Values & Beliefs



So Who Really Are The Serial Winning Coaches?



Adventurous Avenger

1. A little selfish
2. Need to prove self
3. Good at Heart
4. Right Cause
5. Ready to Die

Higher Purpose Altruist

1. Greater Good
2. Personal Sacrifice
3. Right Cause
4. Steely Determination

Grounded Realist

1. S*** Happens
2. Personal Recovery



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Thank You – Terima Kasih Questions?

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DRIVEN benevolence

1. Unwavering High Standards
2. High Sense of Purpose & Duty
3. Pathological Desire to Win
4. All In Commitment
5. 20/20 Vision

1. People First
2. Seek to Understand
3. The Sun Always Rises Again