

OSMOSIS IS YOUR GREATEST COACHING TOOL

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EDGE TRIATHLON**

SUMMARY

1. Investigation into the Motivation Strategies of Elite ITU Triathlon Coaches
2. Club Development: Edge Triathlon

WHY MOTIVATION?

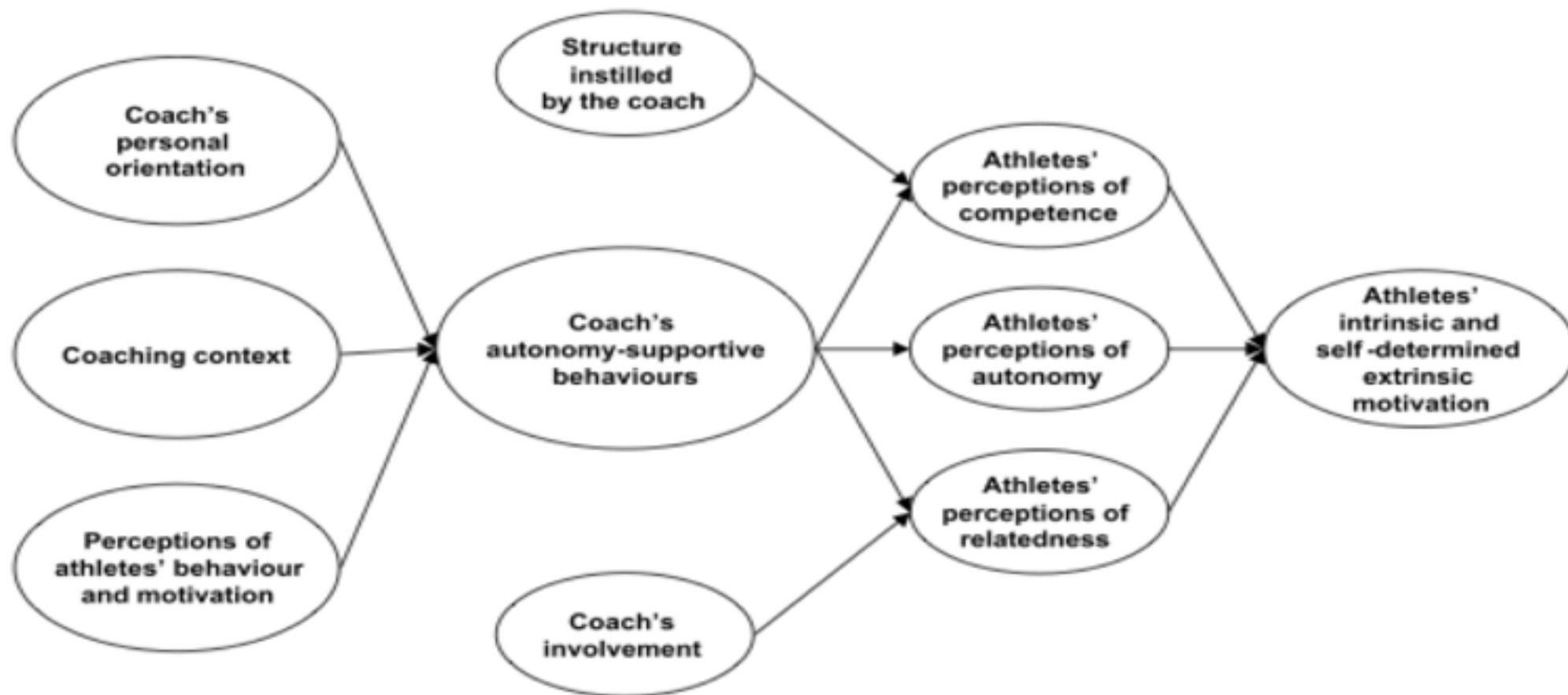


10 YEARS EXPERIENCE IN 2 WEEKS

- Skype interview with Joel Filliol
- Two continents: 3 additional coaches / 2 groups

THEORY

The Motivational Model of the Coach-Athlete Relationship (Mageau & Vallerand, 2003)



RESEARCH DESIGN

- Semi structured interviews (1 hr)
- Questionnaires for athletes

AUTONOMY SUPPORTIVE COACHING

1. Providing Choice Within Specific Rules and Limits
2. Provide a Rational for Tasks and Limits
3. Acknowledging the Other Person's Feelings and Perspectives
4. Providing Athletes with Initiative Taking and Independent Work
5. Providing Non-Controlling Competence Feedback
6. Avoid Controlling Behaviour
7. Prevent Ego-Involvement in Athletes

1. PROVIDING CHOICE WITHIN SPECIFIC RULES AND LIMITS

1. Creates ownership
2. Increases IM
3. Needs to be individualized
4. Results in better decision making

2. PROVIDE A RATIONAL FOR TASKS AND LIMITS

- 1 of 4 coaches = detailed physiological explanations
- 3 of 4 coaches = big picture explanations
 - workout execution (process, demands)
 - core values

3. ACKNOWLEDGING THE OTHER PERSON'S FEELINGS AND PERSPECTIVES

- Go beyond to provide perspective, examples, experience
 - Remove isolation
 - Allow athletes to make decisions

4. PROVIDING ATHLETES WITH INITIATIVE TAKING AND INDEPENDENT WORK

- Mental game
 - Within sessions
 - Self belief
 - Betterment tasks

5. PROVIDING NON-CONTROLLING COMPETENCE FEEDBACK

6. AVOID CONTROLLING BEHAVIOUR

- Constructive Criticism
- Praise sparingly and with intent (examples)
- Lead athletes with tasks and perspective
- Appropriate race expectations

7. PREVENT EGO-INVOLVEMENT IN ATHLETES

- Task orientation vs performance outcomes
- Practice competition with intent