USA Gymnastics Webinar:

COACHING YOUR ATHLETES TO THE TOP IN COMPETITION AND LIFE LESSONS with PCA A NATIONAL EDUCATIONAL PARTNER OF USA GYMNASTICS
WHO IS PCA?

80,000+ Coaches Trained
Over 3.3 Million Youth Reached
2,500 Live Workshops
1,000,000+ visits to PCADevZone.org

* Annual national statistics
PCA’S VISION

Use:
• Sport psychology research
• Best practices of great coaches to develop

Better Athletes
Better People
PCA’S MODEL OF COACHING

The Double-Goal Coach

STRIVING TO WIN

TEACHING LIFE LESSONS
PCA’S MODEL OF COACHING

The Double-Goal Coach

STRIVING TO WIN &

TEACHING LIFE LESSONS
REFLECTION

Hard worker

Inspirational

Classy
TRIPLE-IMPACT COMPETITOR

1. MAKES SELF BETTER
   ELM Tree of Mastery
2. MAKES TEAMMATES BETTER
   Filling the Emotional Tank
3. MAKES GAME BETTER
   ROOTS of Honoring the Game
Development Zone™

**Single-Goal Leader**
Shapes Culture:
• Creates and defends a Development Zone

**Second-Goal Parent®**
Focuses on:
• Helping kids absorb life lessons

**Double-Goal Coach®**
Strives to:
• Win
• Teach life lessons and build character

**Triple-Impact Competitor® Athlete**
Works to better:
• Self
• Teammates
• Game

BETTER ATHLETES BETTER PEOPLE
TRIPLE-IMPACT COMPETITOR

1. **MAKES SELF BETTER**
   
   ELM Tree of Mastery

2. **MAKES TEAMMATES BETTER**
   
   Filling the Emotional Tank

3. **MAKES GAME BETTER**
   
   ROOTS of Honoring the Game
Your athletes tend to perform tentatively against tough competition.

What can you do?
Principle # 1

The ELM Tree of Mastery
The ELM Tree of Mastery

<table>
<thead>
<tr>
<th>Scoreboard Definition</th>
<th>Mastery Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Results</td>
<td>Effort</td>
</tr>
<tr>
<td>Comparison with Others</td>
<td>Learning</td>
</tr>
<tr>
<td>Mistakes are not OK</td>
<td>Mistakes are OK</td>
</tr>
</tbody>
</table>
The ELM Tree of Mastery

Research Shows: Mastery Climate

Anxiety goes DOWN

Self-Confidence goes UP
Mastery gives players a feeling of control

**THE ELM TREE OF MASTERY**

*Work harder*

*Stick to it longer*
Your athletes tend to perform tentatively against tough competition.

What can you do?
Take-aways

• Focusing on effort is the key to performance
• Assertive performance comes when there is no fear of mistakes

TOOLKIT: Become a Noticer
TOOLKIT: Reward Effort especially unsuccessful effort
TOOLKIT: Mistake Ritual
TRIPLE-IMPACT COMPETITOR

1. MAKES SELF BETTER
   ELM Tree of Mastery

2. MAKES TEAMMATES BETTER
   Filling the Emotional Tank

3. MAKES GAME BETTER
   ROOTS of Honoring the Game
You know that athletes thrive on positive feedback, but your team has been struggling and needs a lot of correction.

As a Double-Goal Coach, how can you give them the feedback they need to improve without discouraging them?
Principle # 2

Filling the Emotional Tank
“There are people who will bring you down in life. And then there are people who bring you up. You want to be around the ones who fill your tank. We had a lot of them on the team.”

Julie Foudy
PCA National Advisory Board Member
US National Team Captain
World Cup Champions, 1991 & 1999
Filling the Emotional Tank

Athletes with an **empty** tank
- are pessimistic
- give up more easily
- are less coachable

Athletes with a **full** tank
- are optimistic
- deal better with adversity
- are more coachable
Filling the Emotional Tank

**What drains the tank?**
- Criticism and correction
- Sarcasm
- Ignoring
- Non-verbals
- Cliques
- Hazing

**What fills the tank?**
- Truthful, specific praise
- Expressing appreciation
- Listening
- Non-verbals
- Belonging
- Positive Initiation
E-TANK FEATURED TOOL

5 : 1

Positives to Criticism

TOOLKIT: “Magic” + / – Ratio
What is the one thing most coaches can do to be more effective?

Increase their + / - Ratio!
You know that athletes thrive on positive feedback, but your team has been struggling and needs a lot of correction.

As a Double-Goal Coach, how can you give them the feedback they need to improve without discouraging them?
E-TANK TOOLKIT

Tools for effective Receivable Feedback

- Avoid non-teachable moments
- Criticize in private
- Ask permission
- Use If-Then Statements
- Criticism Sandwich
Tools to help you reach the + / - Ratio!

- Buddy System
- Positive Charting
- Winner’s Circle
TRIPLE-IMPACT COMPETITOR

1. **MAKES SELF BETTER**
   - ELM Tree of Mastery

2. **MAKES TEAMMATES BETTER**
   - Filling the Emotional Tank

3. **MAKES GAME BETTER**
   - ROOTS of Honoring the Game
BAD CALL

Your athlete has just received what you consider to be an unfairly low score on her routine.

What can you do?
Principle # 3

Honoring the Game
The game is sacred. It’s a sacred field you walk on when you go to play. The game is forever; players and coaches are not. When you are out on the field, you must remember your legacy and what you are representing.

Herm Edwards
PCA National Advisory Board Member
Former NFL Head Coach & Player
Rules
Opponents
Officials
Teammates
Self
BAD CALL

Your athlete has just received what you consider to be an unfairly low score on her routine.

What can you do?
HONORING THE GAME TOOLKIT

Double-Goal Coach Moment of Truth

• Model and Teach HTG
• Self-Control Routine
• Narrated Modeling
TRIPLE-IMPACT COMPETITOR

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Which tools would help your team the most?
E-TANK FEATURED TOOL

What is the one thing most coaches can do to be more effective?

Increase their + / - Ratio!
DEADLINE MAY 31st
FOR HIGH SCHOOL JUNIOR STUDENT-ATHLETES
www.positivecoach.org/scholarships
PCA Online Courses

Double-Goal Coach:
• Coaching for Winning & Life Lessons - USAGymnasticsDGC03
• Culture, Practices & Games - USAGymnastics03
• Developing Competitors - USAGymnasticsDC03

Officials:
• USAGymnasticsOff03
Ways to Get Involved with PCA

Additional Resources:

• Sign up for Coaches Talking Points
• Read The Power of Double-Goal Coaching by Jim Thompson
• Take a PCA course through the USA Gymnastics University
• Bring PCA to your school or organization – over 17 locations around the country

TALKING POINTS
by POSITIVE COACHING ALLIANCE

WEEK NINE: FILLING EMOTIONAL TANKS (Winner’s Circle)

- Part of being a Triple-Impact Competitor® is to help the team do well by making your teammates better.
- One way to do that is by filling the Emotional Tanks of our teammates.
Find over 2,000 resources here!

PCADevZone.org
Contact Us

To find out more about any PCA resources and courses at USA Gymnastics University please contact:

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