

COACHING THE COACH:

Putting the "C's" in SuCCCCCess

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Thinking Right in Sport

1. Thought Control-Mental Skills
2. Taking Control with Great Choices

1. My thoughts are mine!
2. Your thoughts are yours!!
3. Their thoughts are theirs!!!

1. Sport is not 90% mental
2. The mind is the gatekeeper of the body

SuCCCCCess vs. Winning Relationship

SuCCCCCess=Ability x Preparation x Effort x Will

The "C's" of SuCCCCCess!

CONFIDENCE-the Trust that we will deliver our very Best!

CONCENTRATION-the Control of the Focus of our Attention!

COMPOSURE-the Control of our Emotional and Physiological Arousal!

COURAGE-where our Desire and our Confidence are greater than our Fear

COMMITMENT-where our Final Decision is made Before meeting the Challenge

CONTROL-YOU TAKE IT!

CHOICE-YOU MAKE IT!

CONFIDENCE IS A CHOICE!

1. Choose to become more **COMPETENT!**
2. Choose to focus on **PERFORMANCE!**

**COOK'S MODEL OF
Concentration**



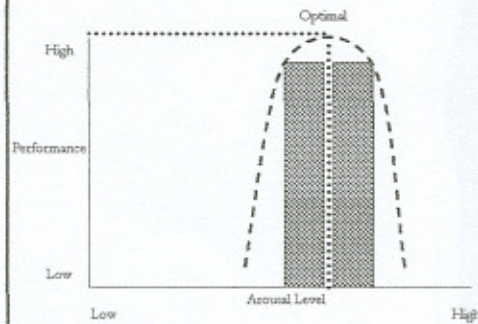
SEE IT-FEEL IT-TRUST IT

KINESTHETIC BRILLIANCE

6 Basic Senses-Sight, Hearing, Smell,
Taste, Touch, and...Kinesthetic Sense

Kinesthetic Sense – “Feel” or Body Awareness

COMPOSURE



Thinking Right in Sport

The “C’s” of SuCCCCCCCCess!

CONFIDENCE
CONCENTRATION
COMPOSURE
COURAGE
COMMITMENT
CONTROL
CHOICE

AND

THE COACH

Kids meet sport at the COACH!