The Art of Coaching

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- Reach inside to find the real you.
- Find out where you stand philosophically and ask yourself if your athletes benefit from your belief.

Why are you Coaching?
Show real love and concern for your athletes.

There is no greater motivation than love.

Compassion

All athletes have a gift to offer.

Learn this and give them all an opportunity to grow—they cannot grow without it.
Investigate motivation.

Tapping intrinsic motivation is the key to tapping potential.

Meaning of Motivation

Understand the self concept.

To know and understand your athletes is to be able to help them.

Understand Their Total Environment
➢ Work to improve communications skills, especially the capacity to listen.

Communicate With All
In Your Macrocosmic World

➢ Learn, Learn, Learn…
➢ About yourself and your athletes.
➢ When the learning stops, so does your growth.

All the Disciplines
Involved in Coaching
Planning creates optimal learning.

Plan for effectiveness.

Need to Understand
Periodization

Humanism in Coaching develops the whole human being, not just the athlete.

Concern for Athletes’ Total World
Define success in sports in a human manner.

Are there not more winners than just 1st Place?

The Olympic Oath

The important thing in the Olympic Games in not to win but to take part.

Just as the most important thing in life is not to triumph but the struggle.

The essential thing is not to have conquered but to have fought well.
Research the mental side of the sport.

The power of the mind is virtually untapped.

Mental Preparation

Evaluate often to stay on course.

It keeps you honest.

- Your Approach
- The Workouts
- The Competitions