

The Important Role of The Coach

André Lachance – January 2024

DANSK GOLF UNION
Spil med

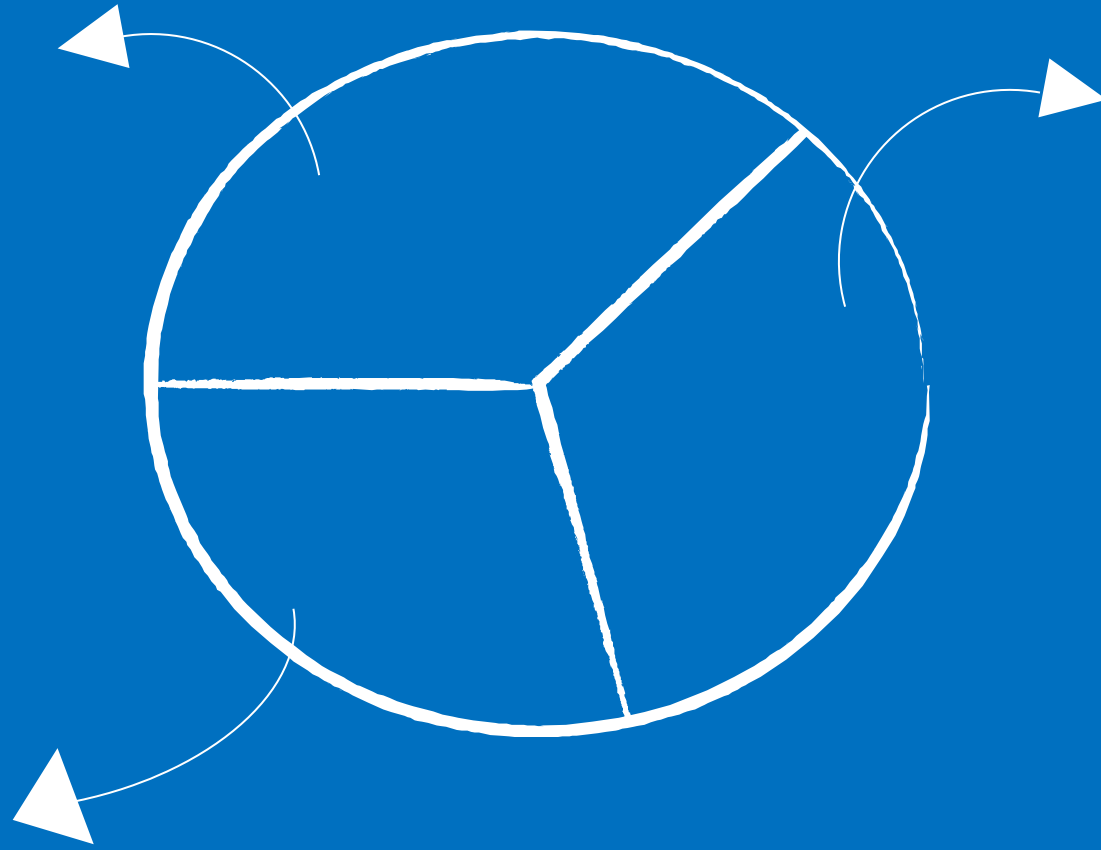


Think about a significant coach you have had
What word would use use to describe him/her ?

Three Coaching Sector

Inter-Personal

Intra-Personal



Professional

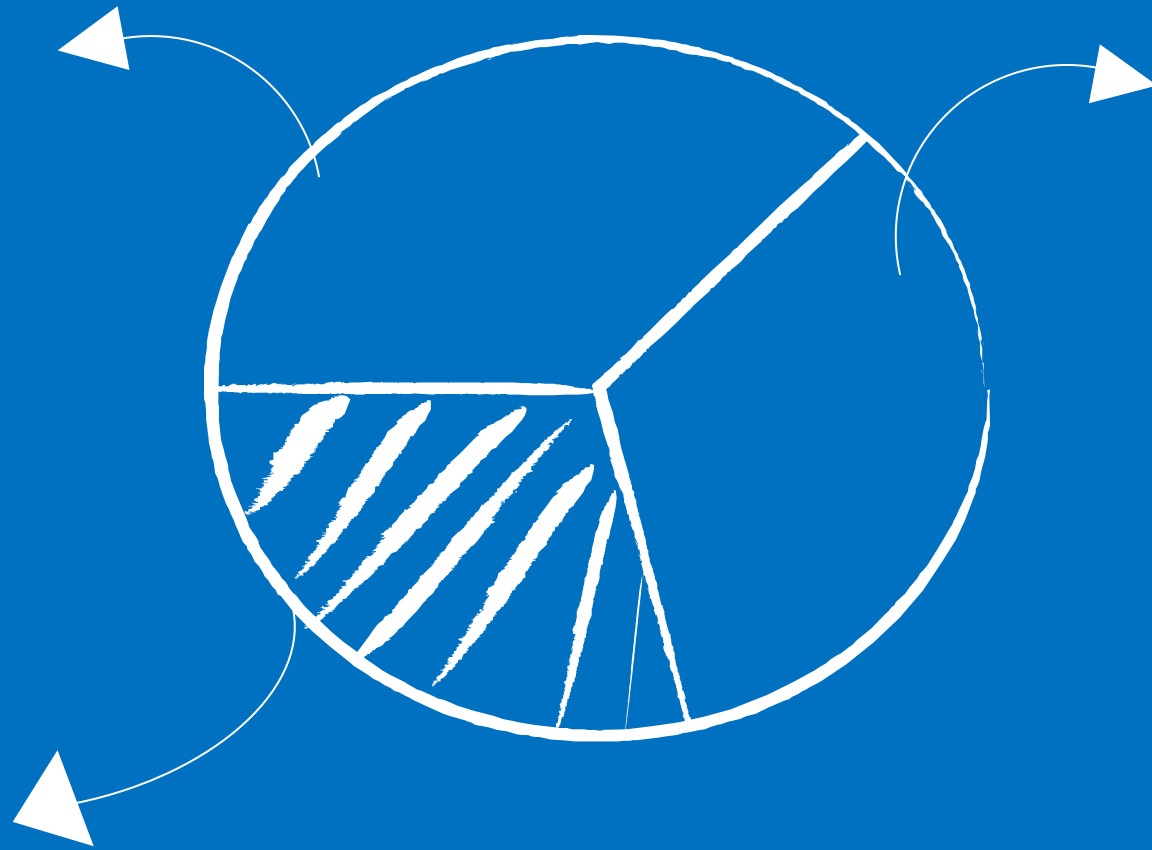
Three Coaching Sector

Inter-Personal

Intra-Personal



Professional

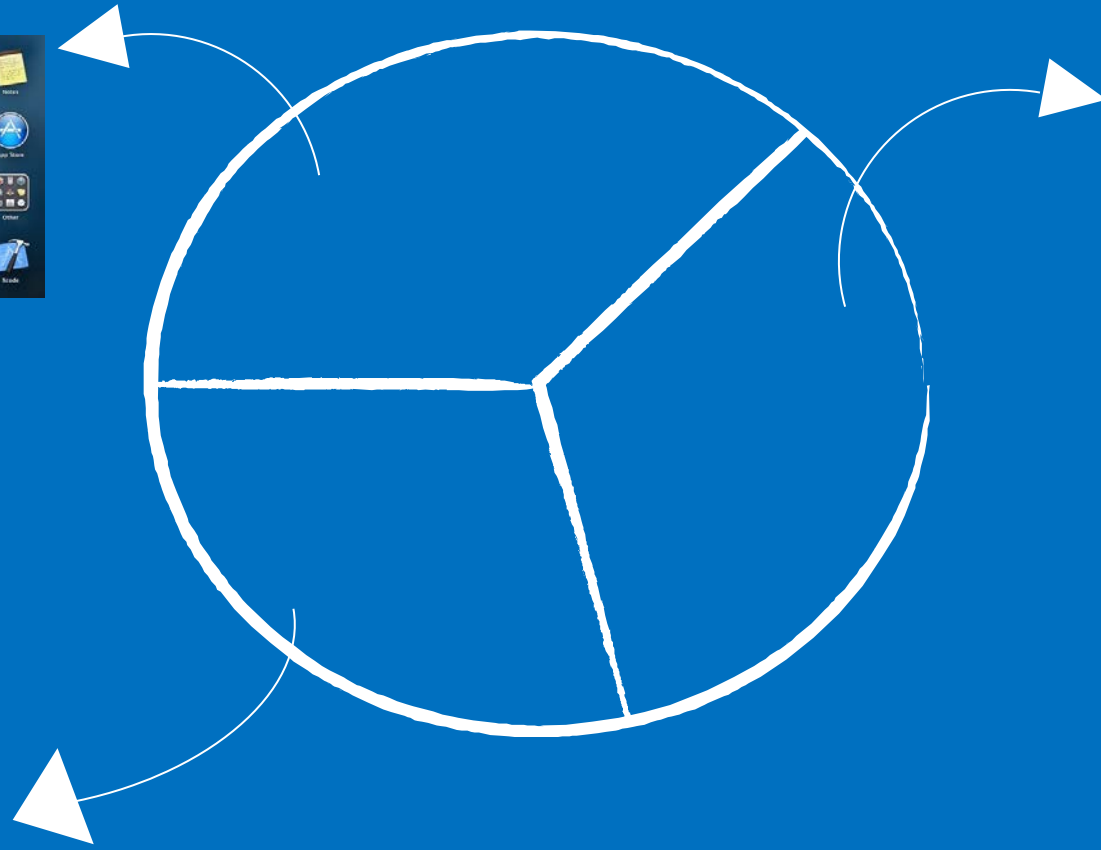


Three Coaching Sector

Inter-Personal



Intra-Personal

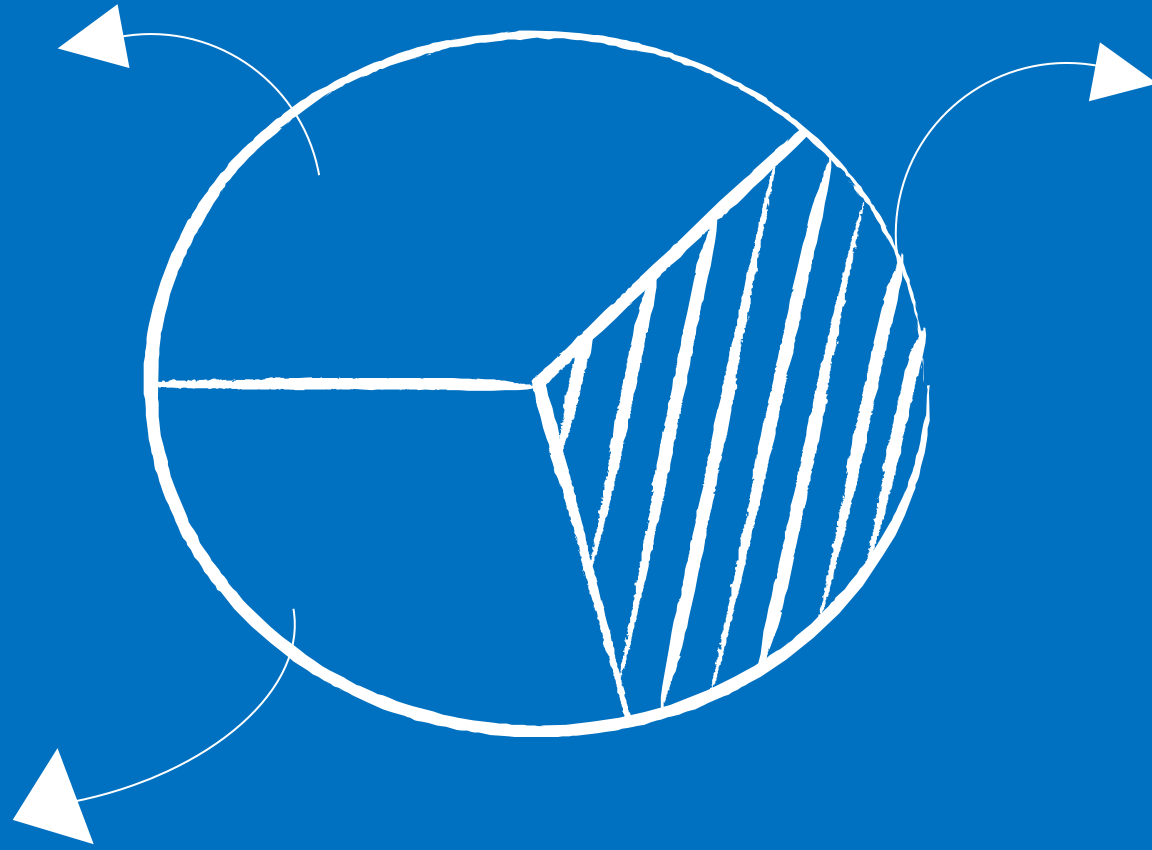


Professional

Three Coaching Sector

Inter-Personal

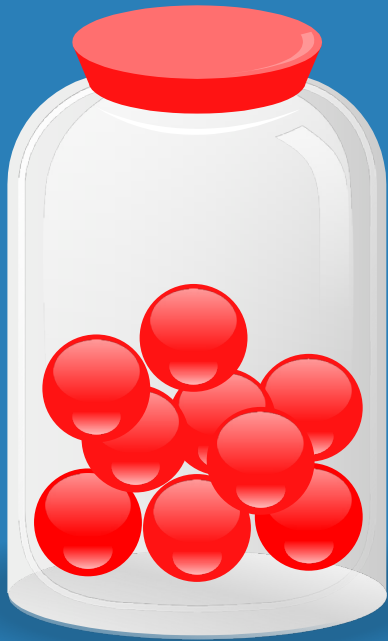
Intra-Personal



Professional



Your 3 jars



Professional

Knowledge of your work
Business & Technical aspects



Inter-Personal

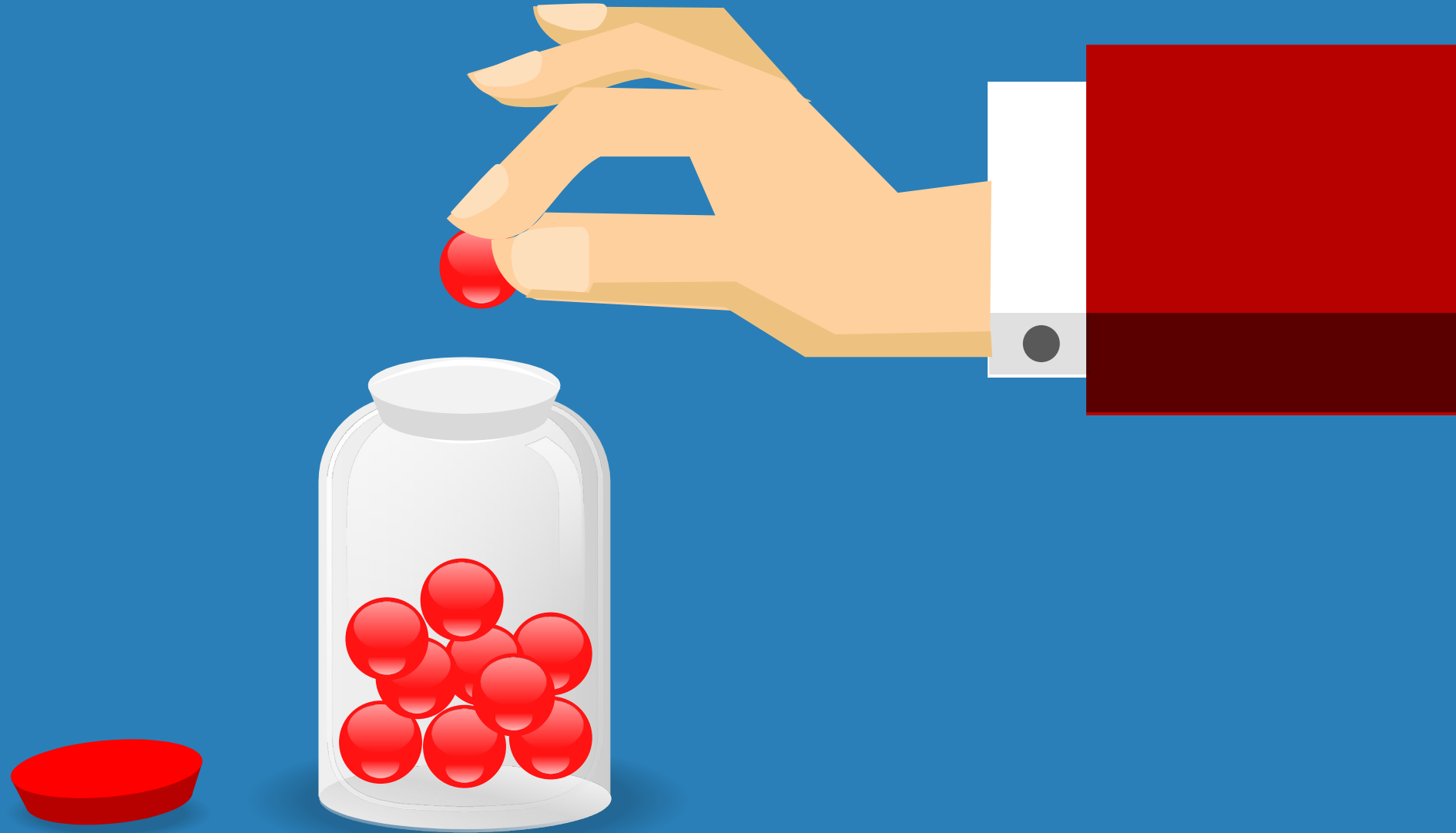
Working environment
Relationships building



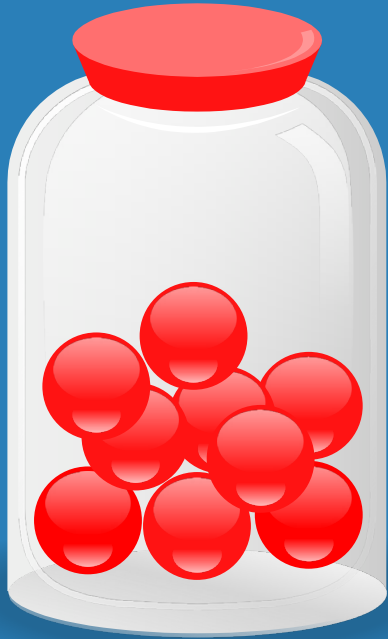
Intra-Personal

Self-Reflection
Regular Updates

Most of the time ... We fill the professional jar



And we empty the two others...



Professional

Knowledge of your work
Business & Technical terms



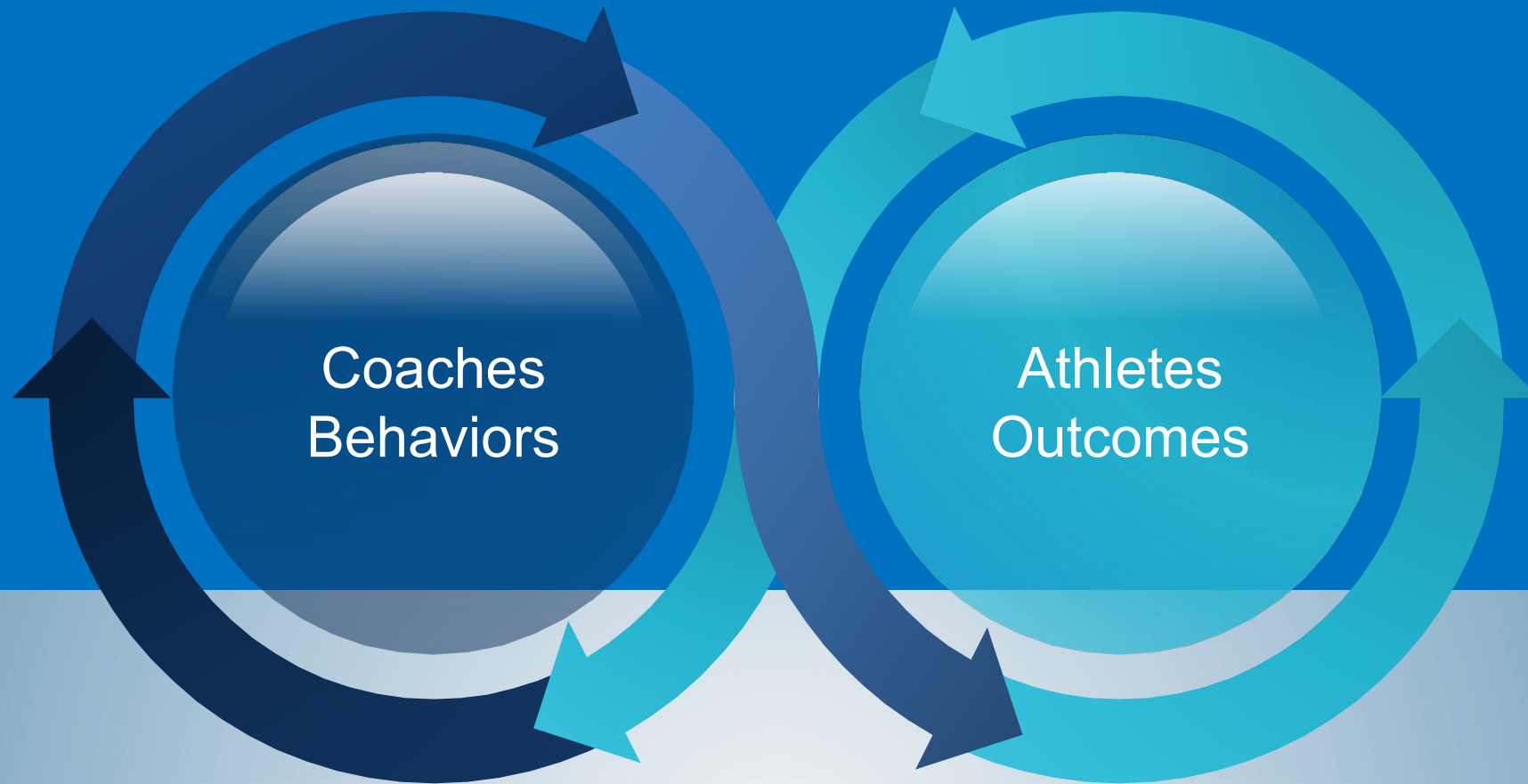
Inter-Personal

Working environment
Relationships building



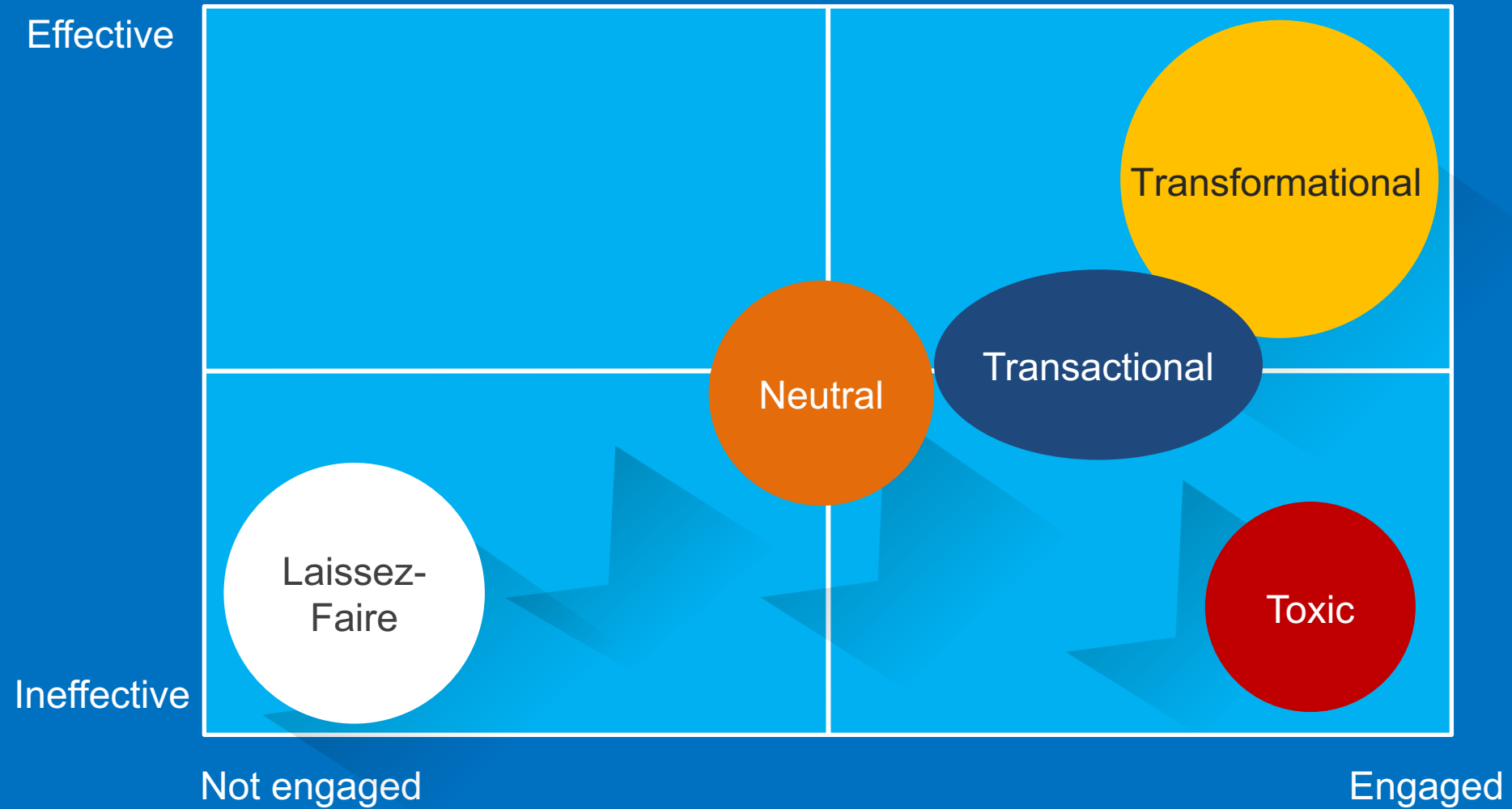
Intra-Personal

Self-Reflection
Regular Updates



Coaches Behaviors Drive Athletes Outcomes

5 Coaching Behaviors



The 4 I'S

**Practice what
you preach**

Influence

Inspiration

**Believe in
the athletes**

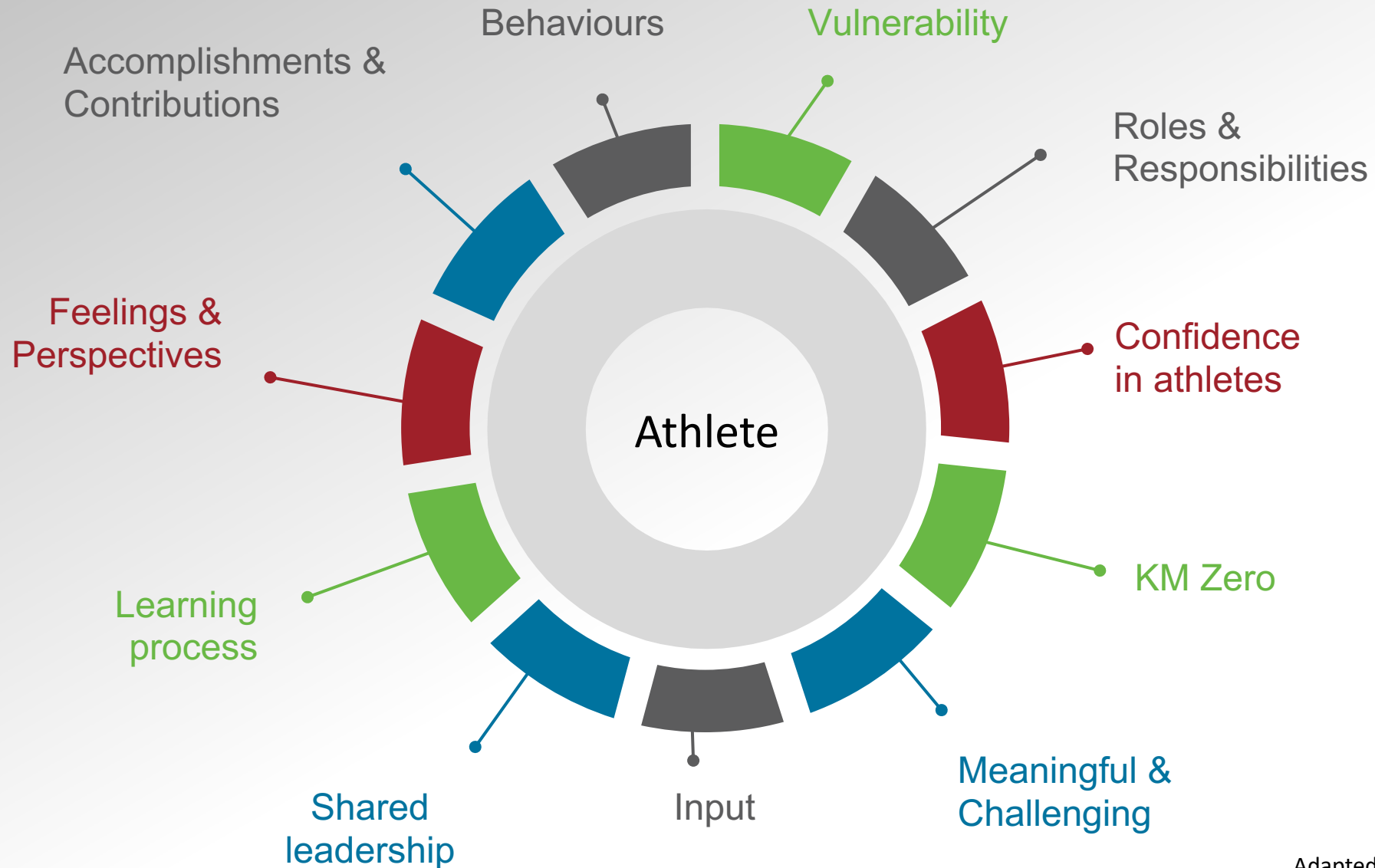
Intellectual

Individual

**Involve athletes
in coaching
process**

**Person-Centered
Approach**

11 MUST HAVE

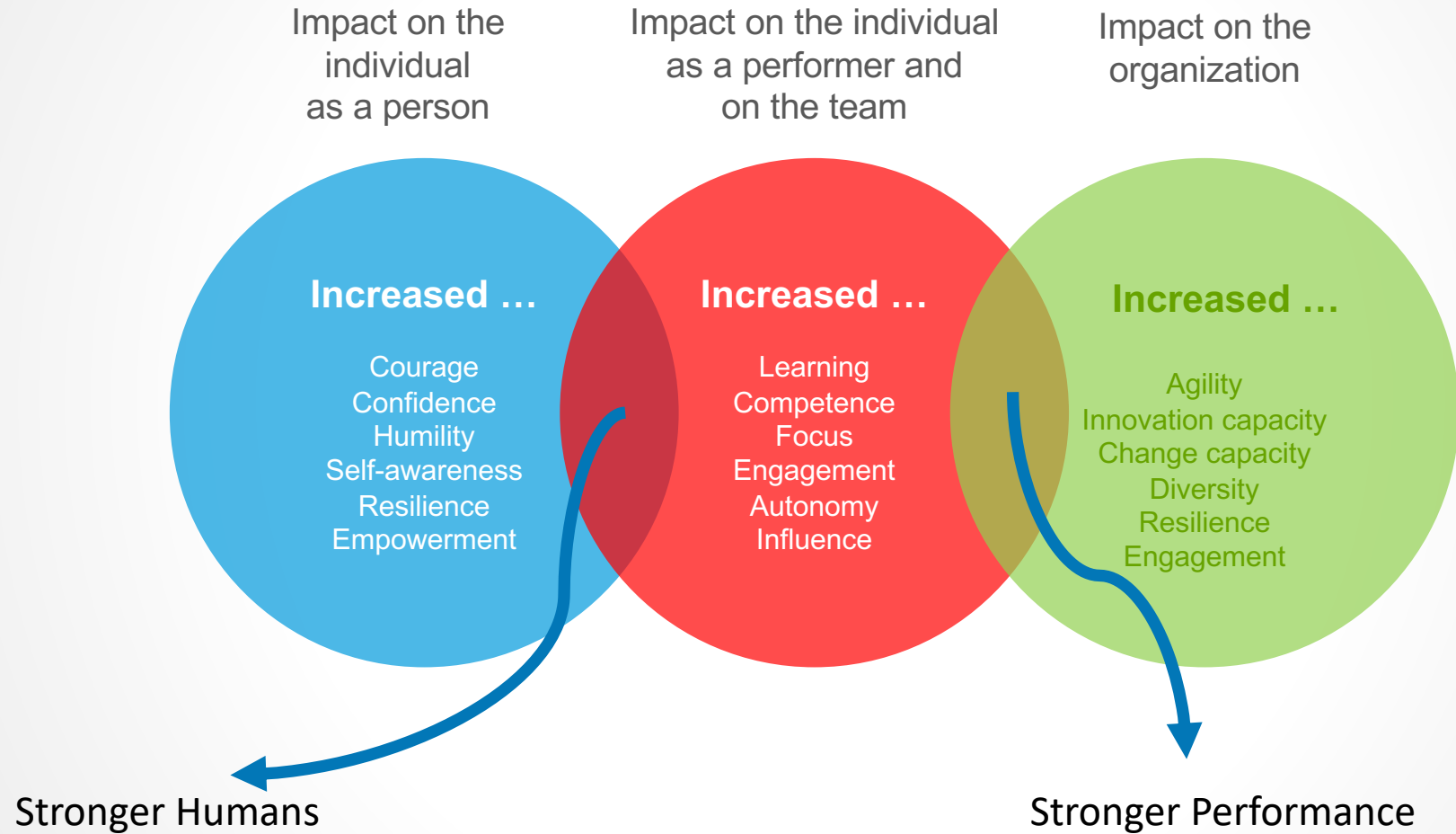




Behaviours

Walk the Talk

Benefits of a curious culture





VULNERABILITY



... AND HUMILITY



AIA





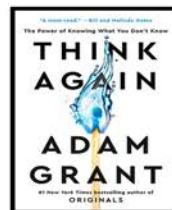


PSYCHOLOGICAL SAFETY

WHEN YOU HAVE IT:

WHEN YOU DON'T:

<i>See mistakes as opportunities to learn</i>	<i>See mistakes as threats to your career</i>
<i>Willing to take risks and fail</i>	<i>Unwilling to rock the boat</i>
<i>Speaking your mind in meetings</i>	<i>Keeping your ideas to yourself</i>
<i>Openly sharing your struggles</i>	<i>Only touting your strengths</i>
<i>Trust in your teammates and supervisors</i>	<i>Fear of your teammates and supervisors</i>
<i>Sticking your neck out</i>	<i>Having it chopped off</i>



3

**ROLES &
RESPONSIBILITIES**

CLARITY

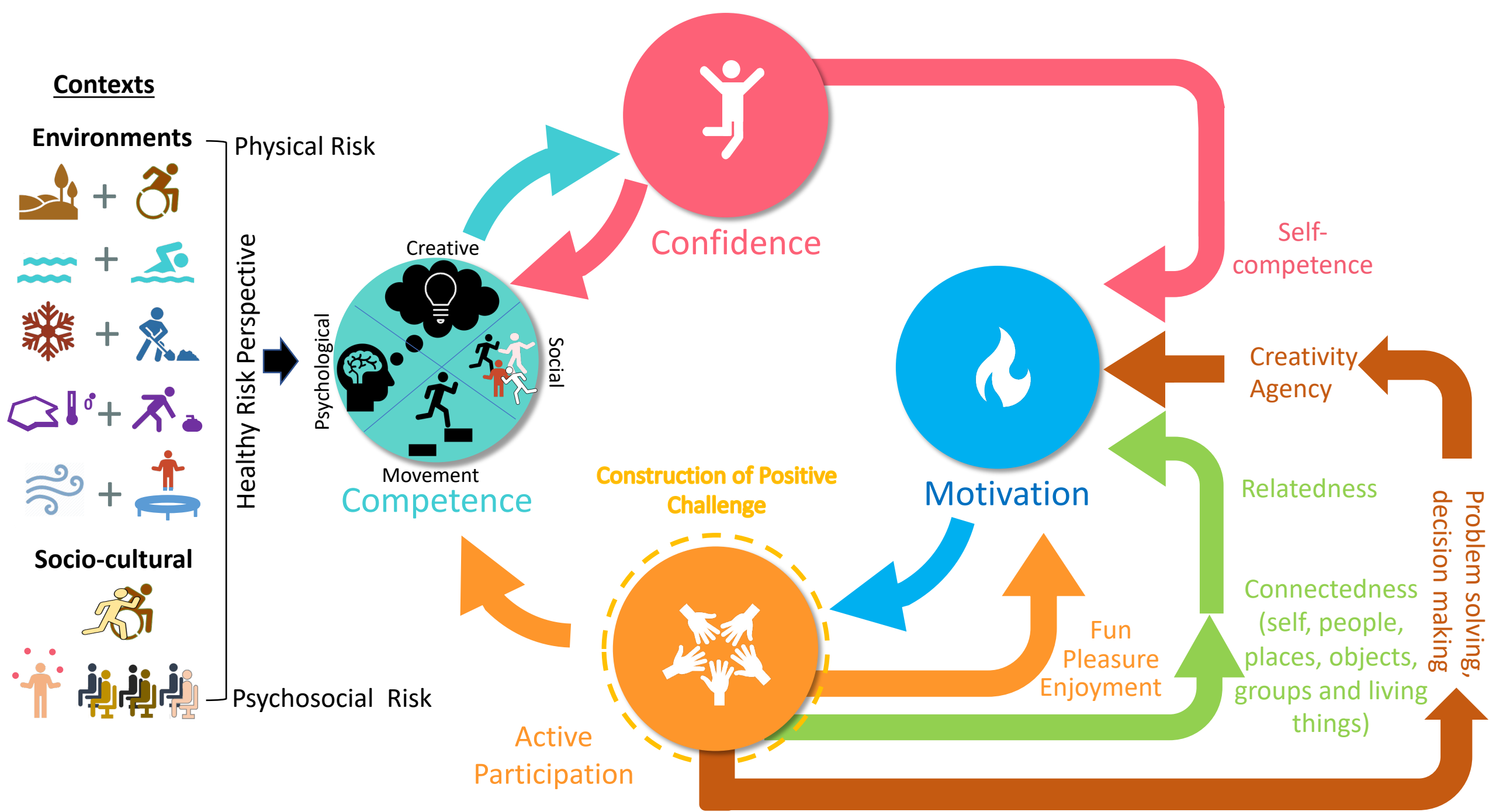
Be the best ...

- Bullpen Catcher in the World
- Pinch Runner in the World
- Back infielder in the World
- Bunter in the World
- Etc...



**CONFIDENCE
IN ATHLETES**

I BELIEVE IN YOU



Constructing Positive Challenges



A level of challenge for all levels of ability.

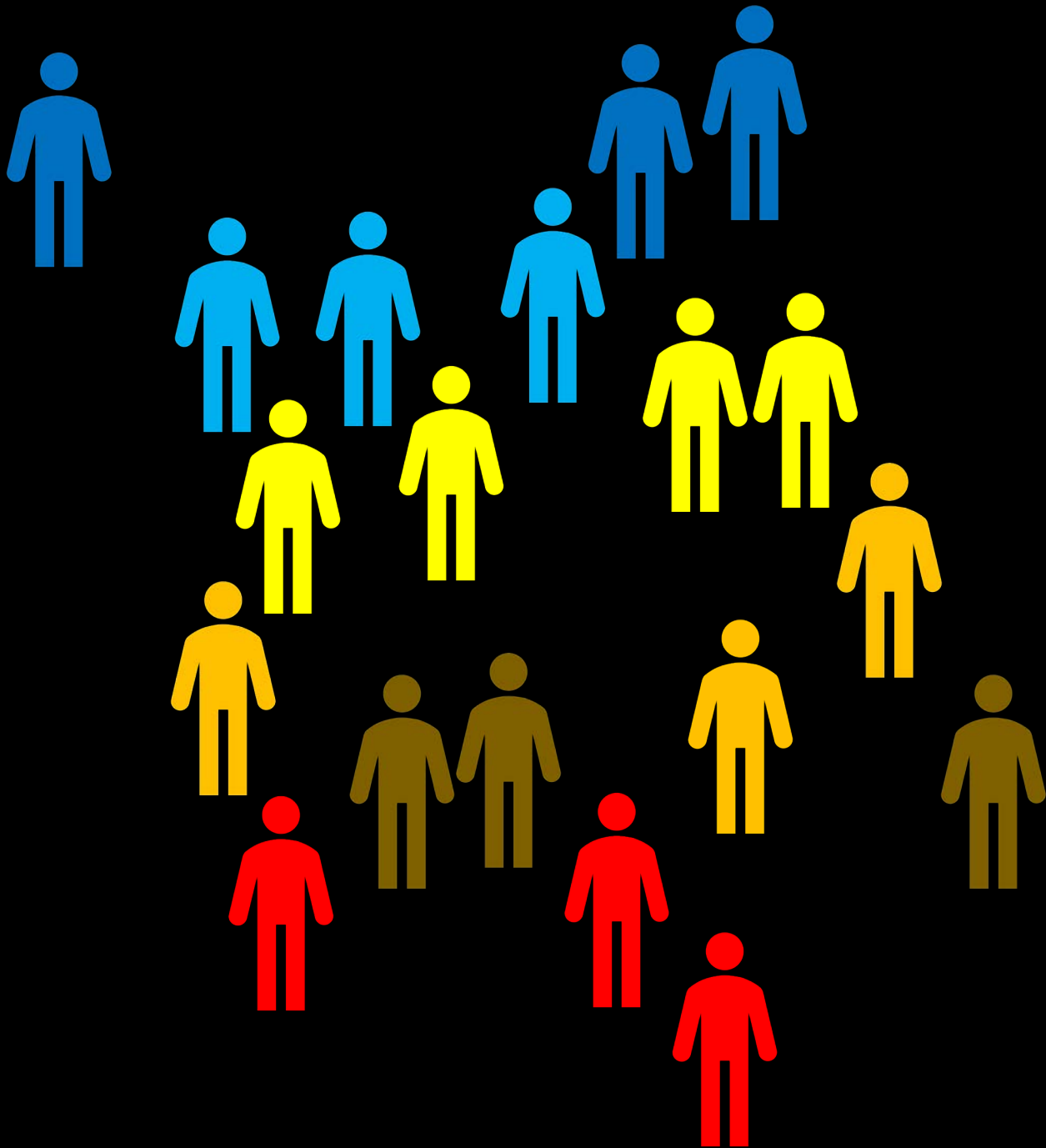
- In practices and games, it is important that children have a level of challenge matched to their individual level of ability.

- **Optimal Challenge Theory** tells us;

- Too easy a challenge – I'm bored
- Too hard a challenge – I give up
- Just right – I'm in! and having fun.



- Engagement in learning and improving is fun in a artist's eyes.



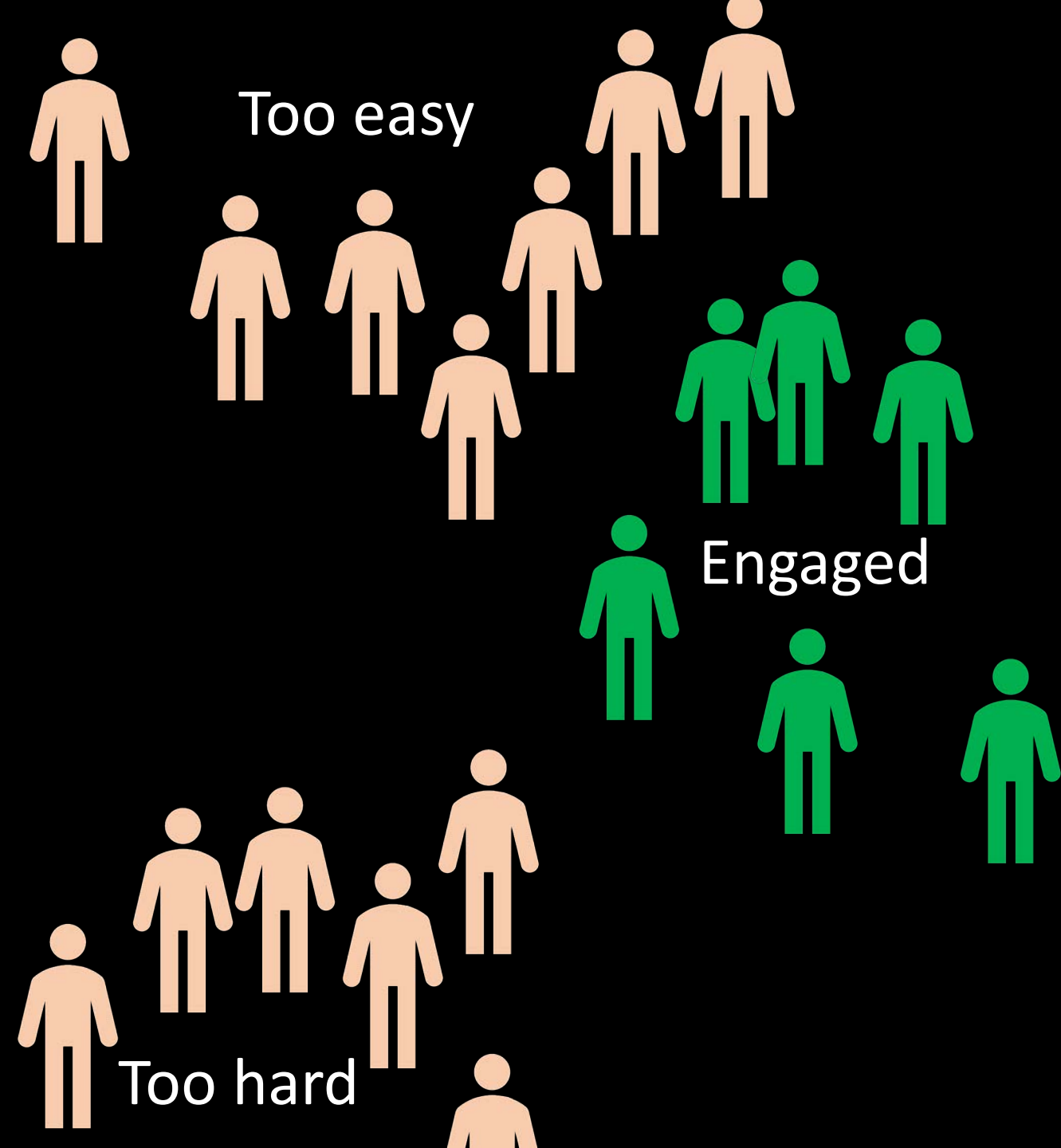
Levels of Ability

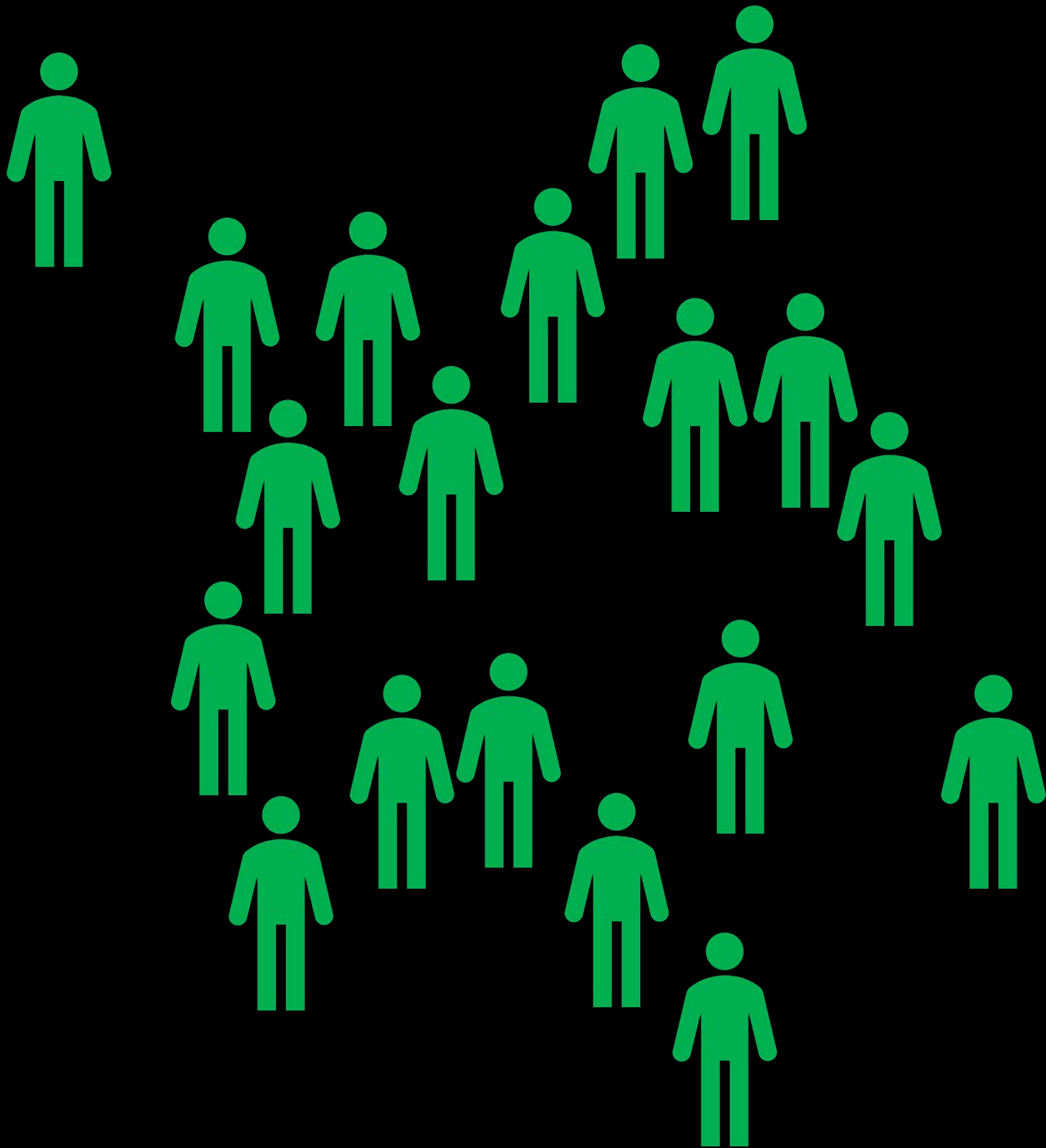
Too easy

Engaged

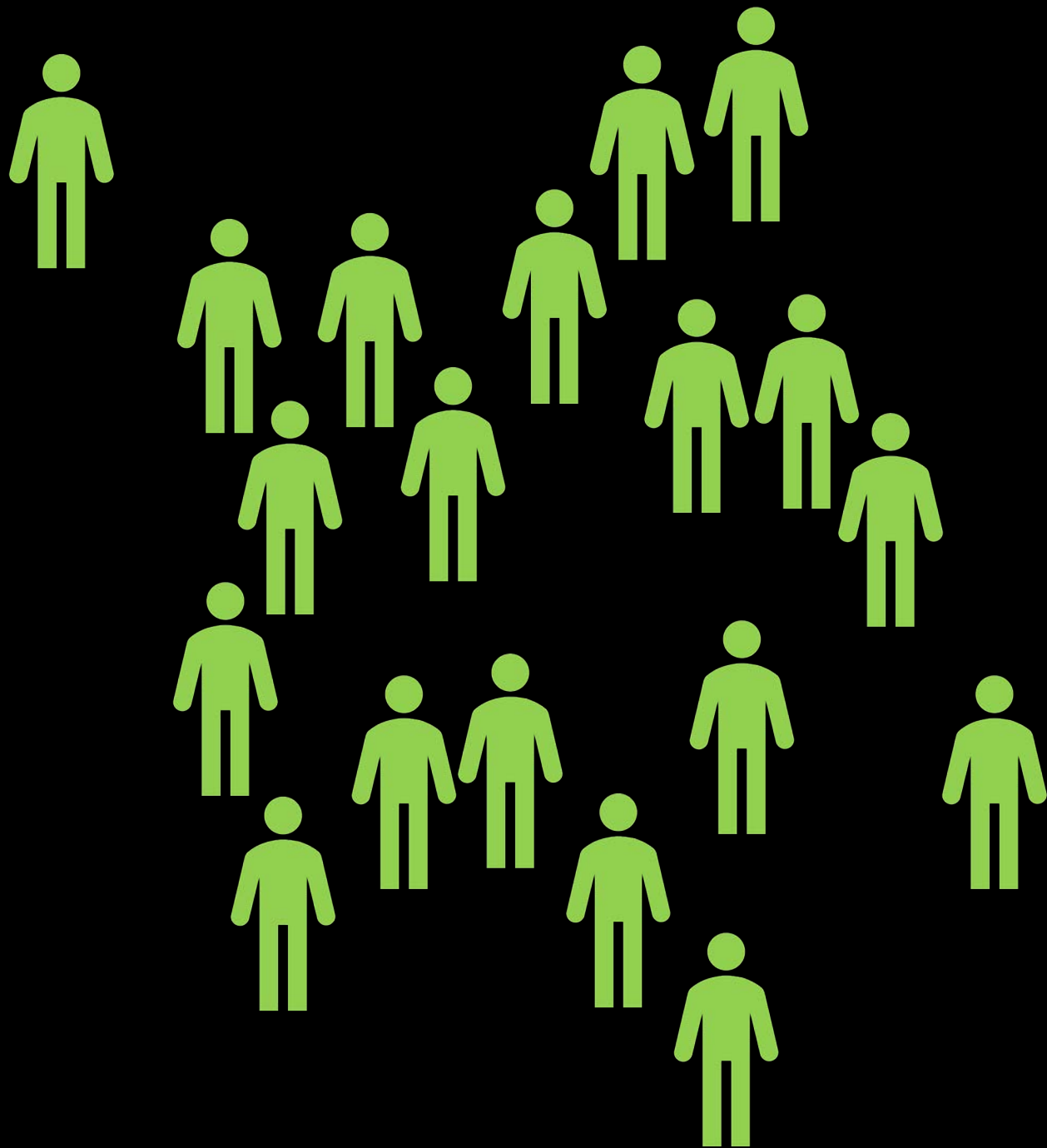
Too hard

Optimal
Challenge
Theory





A level of challenge
for all levels of ability



Everyone engages in movement.

Where progressions in social, psychological and creative competencies concomitantly occur, not due to chance, but by intentional design.

Confidence is built on a fun and
challenging path with successes
exceeding failures.

Practice Winning !



Yes But
Becomes
Yes And



KM ZERO

WHAT IS YOUR
DNA ?



KM
0





KILOMETRE 0

BORNE DEVOILEE A L'OCCASION
DU
SOIXANTIEME ANNIVERSAIRE
DU

MINISTERE DES TRANSPORTS
(VOIRIE)

PAR

ROBERT BOURASSA
PREMIER MINISTRE

ET

RAYMOND MAILLOUX
MINISTRE DES TRANSPORTS

10 MAI 1974















TAPIOKA

YOMAI

R
A
K
E

1000
24

QUE EMOÇÃO NO CORAÇÃO!

ME MALTRATA, ME ARREBATA

NA REGATA, ELE ME MATA

UMA VEZ FLAMENGO, FLAMENGO ATÉ MORRER!

VENCER, VENCER, VENCER!

SEJA NA TERRA, SEJA NO MAR

É MEU MAIOR PRAZER VÊ-LO BRILHAR

... DE FLAMENGO



Équipe Japon – Coupe du monde 2022

‘If you don’t take care of
your culture, you will
have one anyway’



CANADA



Our Manifesto...

“WE ARE LIVERPOOL

WE HOLD OUR HEADS HIGH, AND HAVE ALWAYS STOOD TOGETHER THROUGH THE WIND AND THE RAIN.



WE EXIST TO ACHIEVE SUCCESS

AND REALISE OUR FANS' DREAMS.

WITHOUT THEIR BELIEF WE WOULD BE NOTHING.



AS ONE TEAM, WE HAVE A DUTY TO BUILD LIVERPOOL TO THE PINNACLE AND SET THE STANDARDS FOR ALL TO FOLLOW.



WE ARE CARING NEIGHBOURS IN THIS UNIQUE CITY; WE ALWAYS GIVE BACK WHILE INSPIRING AND NURTURING THOSE IN NEED.



OUR PULSE IS GLOBAL, OUR HEART IS LOCAL, AND

YOU'LL NEVER WALK ALONE

IS BOTH OUR ANTHEM AND OUR RALLYING CRY.



AND ABOVE ALL, WE LIVE BY THE VALUES AND

THE UNIQUE CODE WE CALL THE LIVERPOOL WAY.

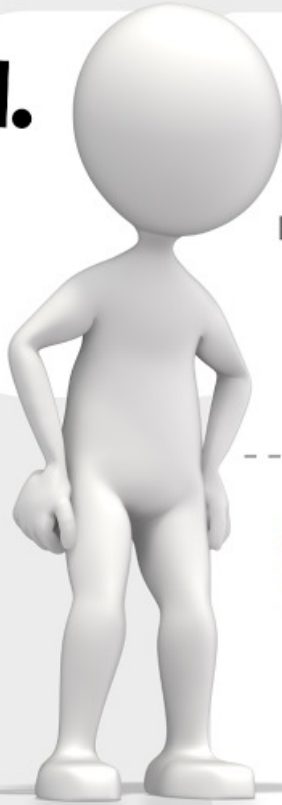


All Blacks

THE FIRST XV

By James Kerr, Legacy, 2015

1.



Sweep the Sheds

Never be too big to do the small things that need to be done

Before leaving the dressing room at the end of a game, all the players stop and tidy up. They literally and figuratively 'sweep the sheds', an example of personal humility, a cardinal All Blacks value

2.



Go for the Gap

When you're on top of your game, change your game

The philosophy and focus on continual improvement and continuous learning leaves no room for complacency

3. Play with Purpose Ask 'Why?'

Better people make better All Blacks is a core belief, and understanding Why? identifies the purpose of being an All Black. The power of purpose galvanises individuals in an organisation, what's the purpose of yours?





**MEANINGFUL
&
CHALLENGING**

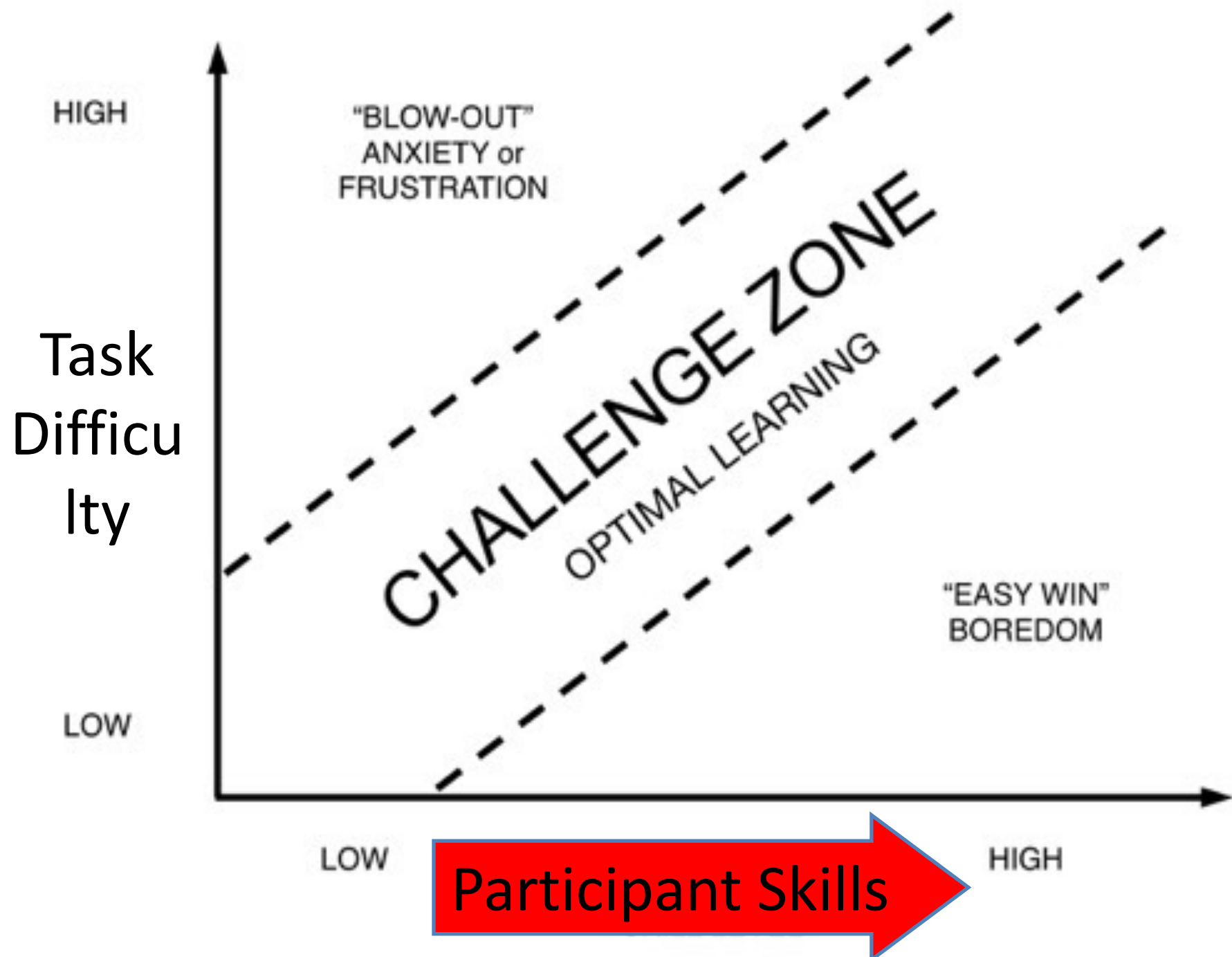
**PUT THEM IN THE
ZONE**



Chaos









INPUT

ART OF ASKING
QUESTIONS

WHAT IF ... ?

Suppose I was not here today ...

**What
would
YOU
DO**





SHARED LEADERSHIP

WHAT ELSE
COULD YOU
TEACH ?

LEADERSHIP STYLES



SCORE SYSTEM

Efficiency Engagement

Time	Team
Output	Ownership
/10	/10



LEARNING PROCESS

'YOU HAVE NOT
COACHED UNTIL
THEY HAVE
LEARNED'

Person

This is when we direct our praise or critique at the person: "YOU are so smart," "YOU are such a good dancer," "YOU aren't good at math," "YOU can't shoot." As you can see, if it involves the word "you" it's most likely praise or a critique on the person.

Process

This is when we direct our praise or critique at the effort and strategies that went into the process: "Great job on that test - you must of worked really hard," "That wasn't your best performance - what do you think we can do better next time?" The goal is to focus on what led to the outcome.

Outcome

This is when we direct our praise or critique at the outcome or result. "WOW! You got an A," "Great win - let's celebrate!" "That's a really low score on that test," "You played really bad today."



Oops Moments !!





Maintain & Adjust their T.E.R.A. Quotient



TRIBE



EXPECTATIONS

EXPECTATIONS



RANK



A word cloud centered around the word "AUTONOMY". The word "AUTONOMY" is the largest and most prominent, written in a bold, dark red font. Other words are arranged around it in various sizes and orientations, including horizontal, vertical, and diagonal. The colors of the words range from dark red to light beige. The words include: "RESPONSIBILITY", "INDEPENDENCE", "BUSINESS", "FIGHTER", "SMART", "ETHICS", "FIGHT", "FORGIVENESS", "INSPIRATION", "GOVERNMENT", "HELP", "GOVERN", "POLITICAL", "MESSAGE", "SEEKING BIRD", "ASCENSION", "AMBITION", "PRESIDENT", "RATIONAL", "PERSON", "SOCILOGY", "REpentance", "LAW", "PROBLEM", "MOTIVATION", "FREEDOM", "EXPRESSION", "TRANSFORMATION", "REDEEM", "POLITICS", "RESPONSIBLE", "RATIONALITY", "AUTONOMOUS", "REVELATION", "DECISION".

How to Increase your TERA Quotient

TRIBE: Be on their side

EXPECTATIONS: Show the the future

RANK: Raise them up

AUTONOMY: Give them the choice

TAME

YOUR

ADVICE



TELL IT

SAVE IT

CONTROL IT

ADVICE





Get
COMFORTABLE
with SILENCE

Be LAZY



Be
CURIOUS





Be OFTEN



Listen to
understand

Listen to
respond

10

**FEELINGS &
PERSPECTIVES**

GET TO KNOW
THEM

**Who's in
our village?**







ACCOMPLISHMENTS & CONTRIBUTION





SO

Awesome

IT HURTS

urban





Evolution

Take Aways

- Practice what you preach
- Believe in the athletes
- Involve athletes in decision making
- Develop a person-centered approach



DECISION

TIME

Cruise Ship or ...



Jet Ski !





a_the_luck

Building a Quality Coach-Driven Program

André Lachance – January 2024

DANSK GOLF UNION
Spil med