

Team Training Dynamics

What activities can we (as coaches) include during training and how and when do we implement these activities.

Research

❖ Discuss - borrow ideas

- ❑ with other coaches, and
- ❑ with athletes

❖ Internet

- ❑ softball websites

❖ Other resources

- ❑ softball magazines,
- ❑ coaching manuals,
- ❑ publications, and
- ❑ previous training plans

Phase 1: PLAN

❖ What are your goals?

- ❑ what outcomes do you want to achieve during training?
- ❑ Coaching outcomes,
- ❑ individual athlete outcomes, and
- ❑ team outcomes.

❖ What are your expectations?

- ❑ what do you expect from yourself,
- ❑ other coaches,
- ❑ individual athletes, and
- ❑ the team during training?

IF YOU FAIL TO PLAN YOU PLAN TO FAIL

Phase 2: IMPLEMENT

❖ Time management!

- ❑ Is an integral part of training
- ❑ Your ability to utilize time effectively can set the mood during training

❖ How can I deliver training?

- ❑ individual structure verses team structure
- ❑ coach driven verses athlete driven

❖ What can I deliver?

- ❑ offensive skills verses defensive skills
- ❑ position specific skills verses multi-position (combining the infield and outfield) skills

❖ When can I include in these activities?

- ❑ mini-team (infield only) focused verses team focused
- ❑ Offensive (single discipline) training verses offensive and defensive (multi-discipline) training

Phase 3: EVALUATE

- ❖ Did training achieve your outcomes?
 - ❑ personal goals,
 - ❑ coaching goals,
 - ❑ individual athlete goals, and
 - ❑ team goals
- ❖ Did training meet your expectations?
 - ❑ were you,
 - ❑ other coaches,
 - ❑ individual athletes, and
 - ❑ the team actively engaged in each activity during training?
- ❖ Should I encourage individual and team feedback?
 - ❑ ongoing (at the completion of each training) verses specific time (allocated training debriefing)
 - ❑ individual delivery verses team spokes-person (captain) delivery
 - ❑ suggestion box (non-personal) verses in person

Observations & Discussions

❖ Did you (as coach) find training challenging?

- ❑ If so, 'give yourself a pat on the back' and keep a reference
- ❑ If not, what strategies do you need to employ?
 - ❑ what can you,
 - ❑ other coaches,
 - ❑ individual athletes, and
 - ❑ the team focus on to achieve their outcomes during the next training

❖ Team training alternatives

- ❑ workshops focused on
 - ❑ goal setting
 - ❑ performance psychology