

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