

# 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