

# **MOTIVATION AND THE COACH**

## **COACH – ATHLETIC RELATIONSHIP**

A good relationship between the coach and the players form the foundation for player motivation, learning and performance.

- Use player's name several times at every practice
- Use plenty of encouragement and praise
- Have short one-on-one talks with the players
- Conduct team talks and encourage feedback
- Make feedback specific

## **SELF-CONFIDENCE**

A player's level of self-confidence will have an influence on their involvement. You can develop self-confidence in players.

- Encourage players to be involved
- Developing skills through game related activity
- Use lots of demonstrations and employ repetitions
- De-emphasizing winning & emphasizing self-esteem & participation
- Use positive comments while using player's names
  - "Awesome!"
  - "Way to hustle!"
  - "That's great!"
  - "You've done it!"
  - "You've got it!"