

Off-Season

Recharging and Improving for Next Year

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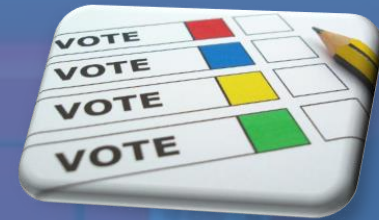


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- *The most important thing to do in the off-season is:*
 - a) Take a multi-day vacation
 - b) Attend a clinic
 - c) Study and learn something new
 - d) Re-introduce myself to friends and family
 - e) What is an off-season?



*I haven't really talked to anybody. I
do talk to my wife on occasion.*



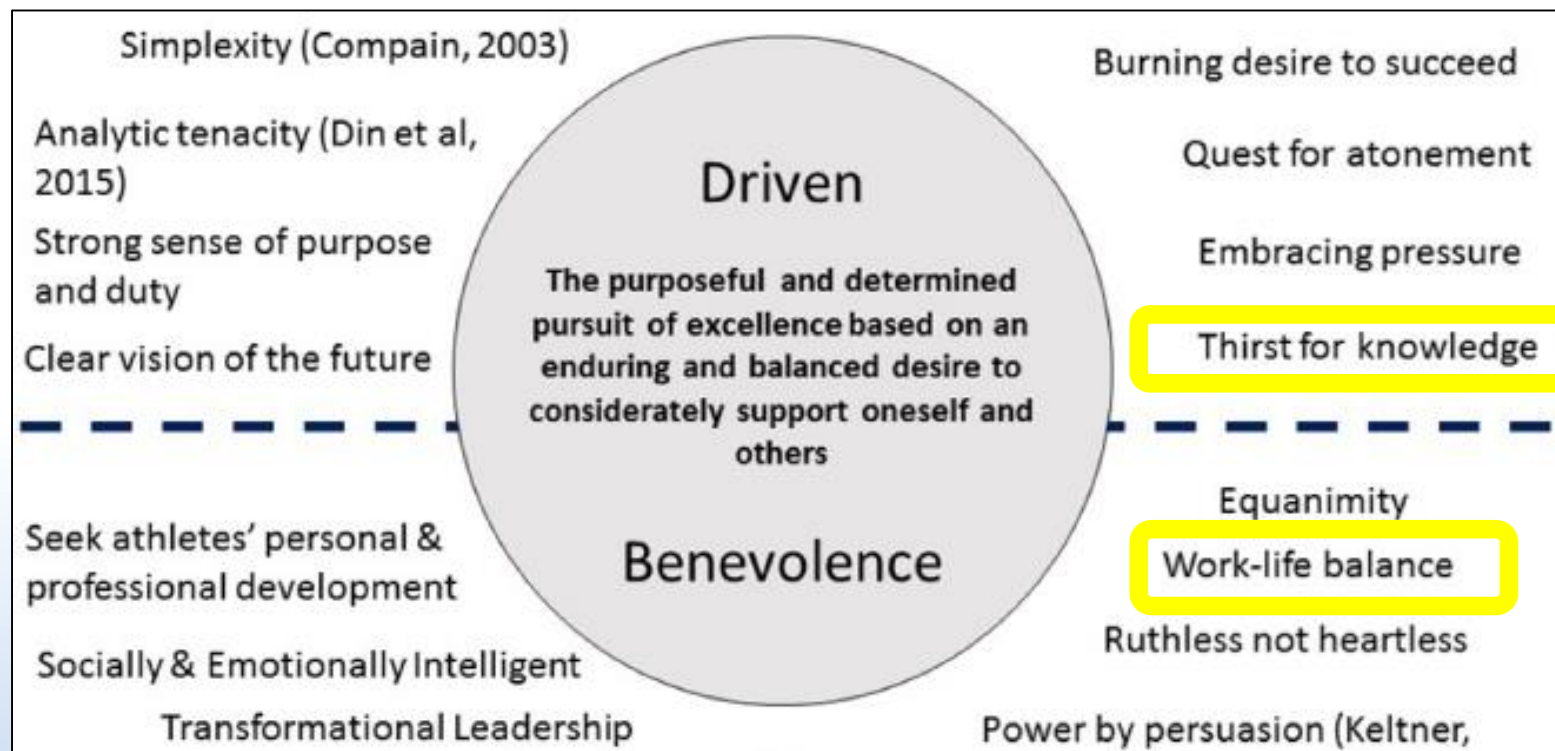
The Practices and Developmental Pathways of Professional and Olympic Serial Winning Coaches

Sergio Lara-Bercial

Leeds Beckett University; International Council for Coaching Excellence

Clifford J. Mallett

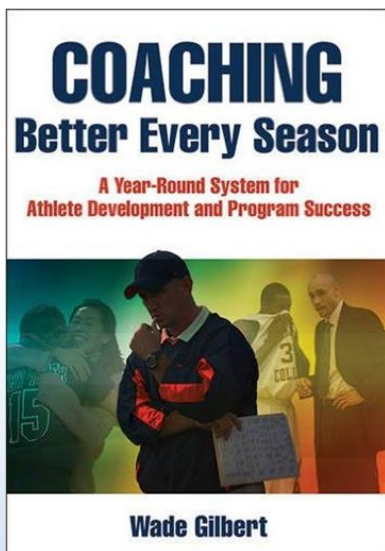
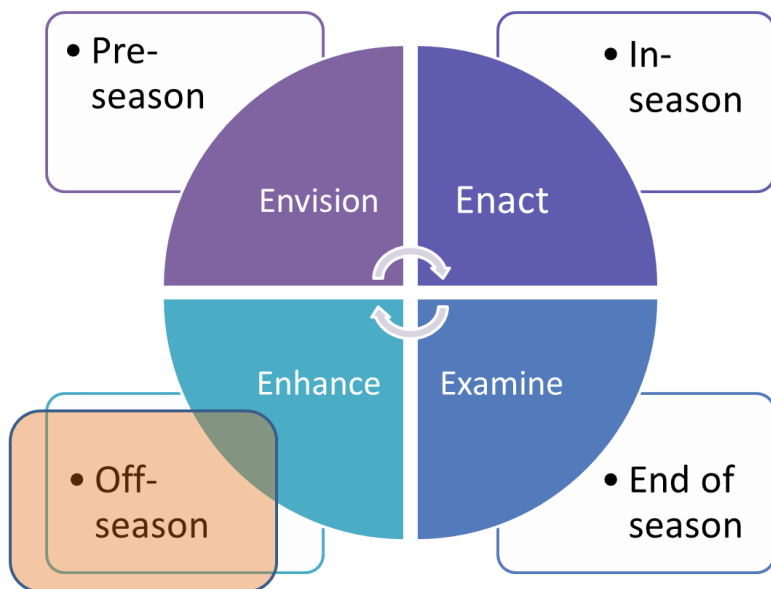
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Purpose

Strategies to balance deliberate learning with rest and recovery in the off-season





Part IV Off-Season: Enhance (*How to improve and sustain effective coaching*)

Chapter 12 Close Performance Gaps

- | | |
|---------------------------|---------------------------------------|
| • <i>Personal mastery</i> | • <i>Continuous improvement</i> |
| • <i>Industriousness</i> | • <i>Systematic reflection</i> |
| • <i>Curiosity</i> | • <i>Reflective practice</i> |
| • <i>Resourcefulness</i> | • <i>Problem setting</i> |
| • <i>Self-examination</i> | • <i>Critical reflection</i> |
| • <i>Self-monitoring</i> | • <i>Systems thinking</i> |
| • <i>Growth mindset</i> | • <i>High impact performance gaps</i> |

Chapter 13 Collaborate and Learn

- | | |
|--------------------------------|--|
| • <i>Networking Strategies</i> | • <i>Coach Learning Groups</i> |
| • <i>Mentoring</i> | • <i>Learning Group Guidelines</i> |
| • <i>Identifying Mentors</i> | • <i>Team Science</i> |
| • <i>Mentoring Phases</i> | • <i>Technology for Learning Groups</i> |
| • <i>Learning Networks</i> | • <i>Measuring Learning Group Impact</i> |

Chapter 14 Recharge and Ignite

- | | |
|---------------------------------|---------------------------------------|
| • <i>Stress and Burnout</i> | • <i>Athlete Selection Guidelines</i> |
| • <i>Coaching Wellness</i> | • <i>Emotional Support Network</i> |
| • <i>Expectancies</i> | • <i>Work-Life Balance</i> |
| • <i>Early Morning Routines</i> | • <i>Family and Personal Time</i> |
| • <i>Mindfulness</i> | • <i>Self-Care</i> |
| • <i>Positive Self-Talk</i> | • <i>Personal Creed</i> |

Off-Season Coaching

🔑 Personal Mastery Project

🔑 Support Network

🔑 Wellness Activities



Off-Season Coaching

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Personal Mastery

The standard of excellence is always under construction, it's never complete.



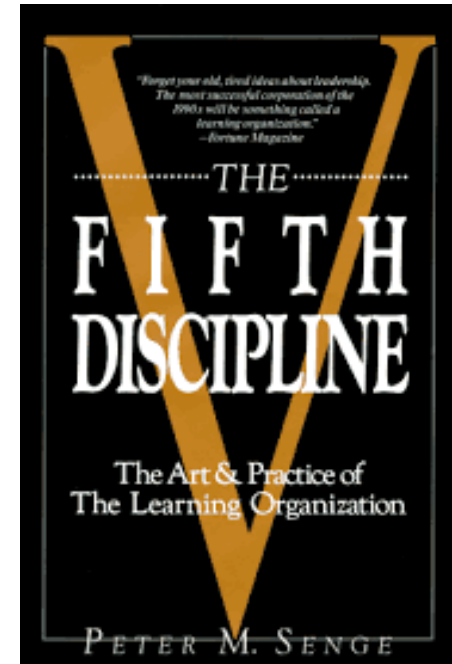
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People with high level of personal mastery live in continual learning mode. They never 'arrive' ... acutely aware of their ignorance, their incompetence, their growth areas.

It is a lifelong discipline.



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The Practices and Developmental Pathways of Professional and Olympic Serial Winning Coaches

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‘Serial insecurity’

- Balance self-belief with self-doubt
- Drives quest to always get better
- Past doesn't matter, always want to be *“great this year, not last year”*

Off-Season Personal Mastery

- Study topics
- Study coaches



Figure 12.9 Off-Season Performance Gap Worksheet

Step 1: List the performance gaps you noticed from the last season.

Step 2: Identify three high-impact performance gaps.

Step 3: Identify factors limiting your ability to close the performance gap.

Step 4: List goals for next season

By start of season:

By end of season:

Study Topics



Consider for 1974–75 season—UCLA (Compiled at the close of the 1973–74 season)

1. Build confidence in Drollinger and Trgovich.
2. Get McCarter under control with the basketball.
3. Be patient in determining the proper pressing defense.
4. Use 3 on 2 continuity drill at least three times a week.
5. Defense the passing game a little more.
6. Work on our offense against zone defense a little more.
7. Use weak side post drill without shooting more frequently and possibly in our pre-game warm-up.
8. Organize our time-outs better.
9. Try out the “4 corner” as a lead protector.
10. Make Dave Meyers “captain”.
11. Be very cautious with Marques Johnson—hepatitis.
12. Forget the past and concentrate on each day of practice—analyze, prepare, evaluate, etc.
13. Prepare Richard Washington for both high and low post as well as forward.
14. Be patient with players on floor, but be firm in discipline both on and off floor.

Do not take anything for granted just because we have done so well in the past.

Study Topics

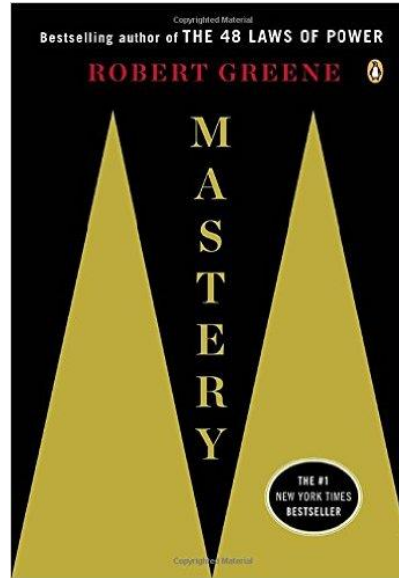


Study Coaches

- List top 75 golf coaches in US
- Letter to each coach with one question
Would you mind if I come and watch you work?



Personal Mastery Resources



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Off-Season Coaching

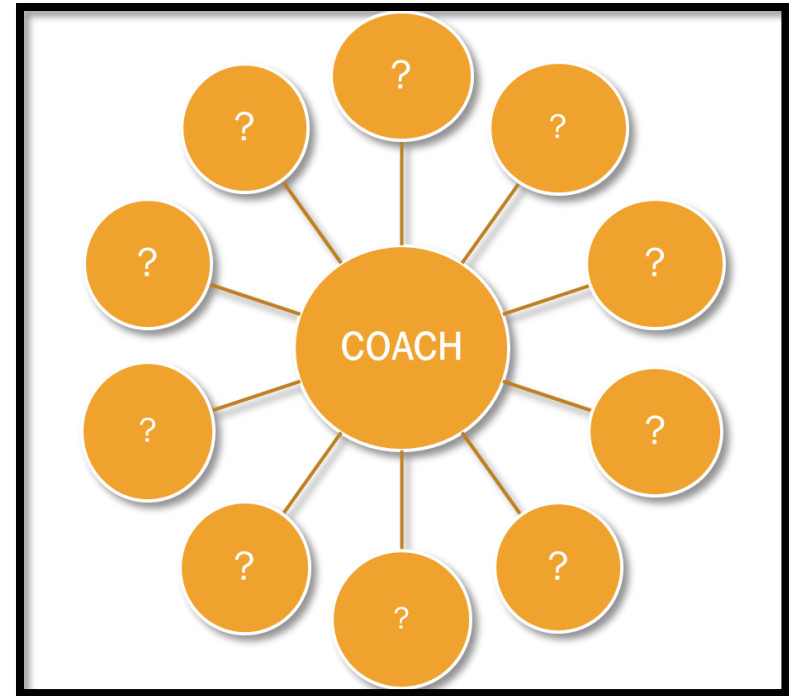
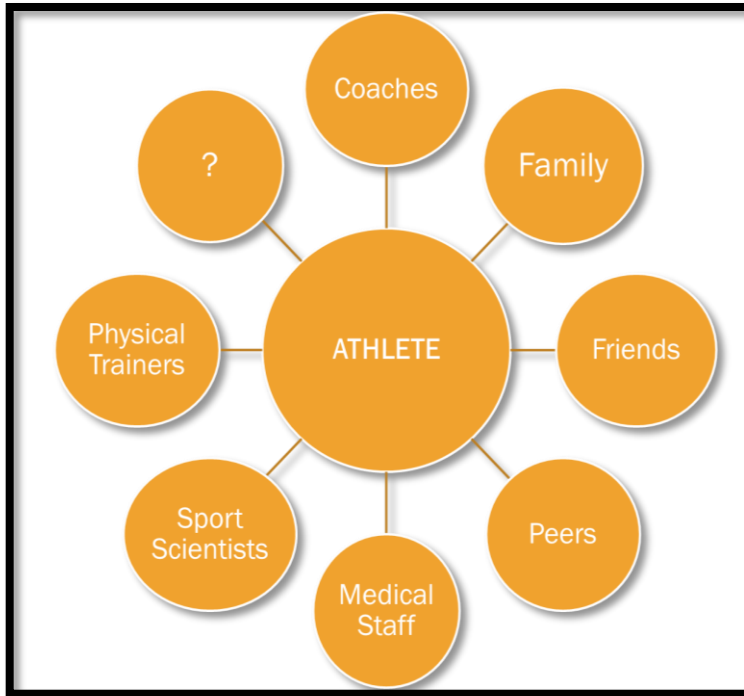
🔑 Personal Mastery Project

🔑 Support Network

🔑 Wellness Activities



Support Network?



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Support Network?

The big thing is, I surrounded myself with a team within a team

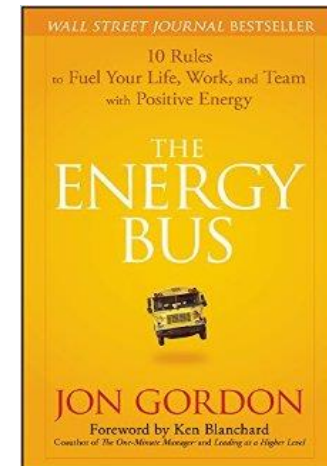
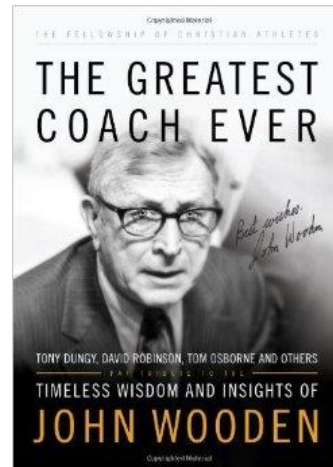
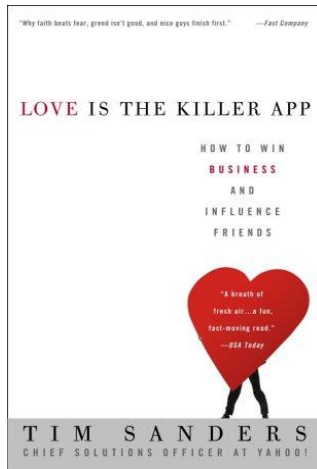


Support Network

At its core, networking means developing meaningful relationships in our professional lives.



Energy Givers vs. Energy Suckers



Surround yourself with the right kind of people



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Support Network Candidates

Give each member a score out of 12 (1 point for each item in list)



- ☐ Exude positive energy and enthusiasm
- ☐ Display uncommon drive
- ☐ Work with a clear sense of purpose
- ☐ Are service and other-oriented
- ☐ Hold others accountable
- ☐ Are trustworthy
- ☐ Known for their relationship skills
- ☐ Offer frequent and genuine praise
- ☐ Show humility and gratitude
- ☐ Are good listeners
- ☐ Open to learning from others
- ☐ Show positive body language



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LIFE | TURNING POINTS

Inspiring Messages From a Coach

Why longtime coach Jerry Wainwright sends hundreds of notes every week to former players, colleagues

30+ years coaching

300-500 handwritten notes / week

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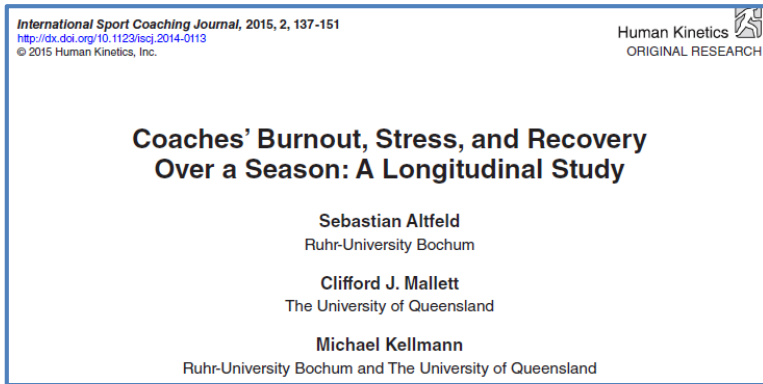


Coach Wellness

Pushing (athletes) to accomplish what they don't consider achievable is a long, painful, process, as much for the coach as the player. Right now I'm looking at it and thinking, 'Damn, it's a long haul'.



Coach Wellness



The fight against mediocrity is taxing. It is even more taxing from a leadership perspective, where you can't just take care of yourself, you have to inspire the ones around you to follow your example. (Anson Dorrance)



Coach Wellness Strategies

Harvard
Business
Review

PRODUCTIVITY

9 Productivity Tips from People Who Write About Productivity

by Ron Friedman

DECEMBER 31, 2015

- Early morning routines
- ‘Start your day on offense’
- Set amount of time (30 minutes?) – your needs first
 - Read, review plan for the day, physical activity, meditate ...

Charge your battery before can charge someone else's



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Journal of Clinical Sport Psychology, 2015, 9, 116-137
<http://dx.doi.org/10.1123/jcsp.2014-0038>
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ORIGINAL RESEARCH

Mindfulness Training for Coaches: A Mixed-Method Exploratory Study

Kathryn Longshore and Michael Sachs
Temple University

Guided Mindfulness Meditation Practices with Jon Kabat-Zinn

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Jon Kabat-Zinn

This website is the official outlet for three series of guided mindfulness meditation practices, Series 1, Series 2, and Series 3 developed and voiced by Dr. Jon Kabat-Zinn. Dr. Kabat-Zinn is internationally known as a meditation teacher, author, researcher, and clinician in the fields of mind/body medicine, integrative medicine, lifestyle change, and self-healing. He is the founder of mindfulness-based stress reduction (MBSR) and an expert in stress reduction, relaxation, and the applications of mindfulness meditation in everyday living to optimize one's capacity to face stress, pain, and illness across the lifespan. MBSR programs are now offered in over 720 medical centers, hospitals, and clinics around the world.



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Mindfulness Training in Sport Comes of Age with UCSD's mPEAK Program

Mindful Performance Enhancement, Awareness & Knowledge



mPEAK 'Pillars'



- **Interoception**
 - Awareness of physical sensations
- **Mind wandering**
 - Recognizing your 'performance story'
- **Acceptance commitment**
 - Accepting difficulty, freedom to learn from failures
- **Self-compassion**
 - Avoiding perfectionism and overly harsh self-criticism



A BMX rider is captured in mid-air during a competition. The rider is wearing a white jersey with the number 32, black pants with 'USA' branding, and a yellow and black helmet. The bike is black with red wheels and the brand name 'SHARD' is visible on the frame. The background shows a large crowd of spectators in a stadium, with flags of various countries visible in the distance.

**Enhanced ability to
cope with difficult
experiences**

*I was able to just focus on every pedal stroke and every climb more effectively, and I didn't think about the next hill climb I **just focused on what was in front of me.***

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Guided Audio & Video

Home Practice Materials

Practice & Learning

Workplace Programs +

Accreditation

Meet Our Team

Guided Audio Files to Practice Mindfulness Based Stress Reduction

The UC San Diego Center for Mindfulness has prepared a number of practices that are available here in MP3 format. **Please feel free to download and/or share these guided practices.**

To download one of the files, please right click on the title and select "Save Target As" from the popup selection. This will then prompt you to select a location on your desktop to save the file to.

Please note: These MP3 files are rather large. If you do not have a broadband internet connection, you may not want to download them.

Guided Audio Meditations Guided Yoga Audio & Video

[45 Minute Body Scan](#) guided by Steven Hickman
(55 Mb) This is the "regular" Body Scan.

[\(Mono\) 45 Minute Body Scan](#) guided by Steven Hickman
(33 Mb) This is a smaller file (mono) version of the Body Scan above.

[20 Minute Body Scan](#) guided by Steven Hickman

[15 Minute Lovingkindness Meditation](#) guided by Steven Hickman
(18Mb) This traditional meditation practice is intended to help the practitioner cultivate compassion.

[10 Minute Wisdom Meditation](#) guided by Steven Hickman
(12Mb) This practice assists the practitioner to cultivate and access his or her inner wisdom



Support Our Programs

Contribute to our scholarship fund so that we may continue to offer mindfulness to those who can benefit the most, but afford it the least.

Give Now →



Figure 14.10 Coach John Wooden's "The Creed I Live By"

Be true to yourself.

Make each day your masterpiece.

Help others.

Drink deeply from good books, especially the Bible.

Make friendship a fine art.

Build a shelter against a rainy day.

Pray for guidance and give thanks for your blessings every day.



Mindfulness 'Creed'



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