

Coaching the Athlete

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Who is a Coach?

- Personal Trainer
- Dr
- ATC
- Rehab Specialist
- Performance Specialist
- All of us



Controlling your Room

- What is your room?

The environment you work/train in.

- How do you control it?

Coaching style.....



Building Trust

- Honesty

Remember this is more than athletics.
Be an educator to your team.

- Ask your “team” to trust you!
- Do not be a dictator.



Respect

- NEVER ask for respect Earn it.
- Respect for the coach can only grow after trust has been developed.



Respect

- Train yourself
- Know your limitations
- Educate your athletes
- Come motivated to every training session
- Have an open door policy
- Ask your athletes if they have any questions
- Have goals for yourself, your teams, and your athletes



Write it down

- (Your teams name here) Contract 2006–2007
- I agree to show up at every training session with 100% focus.
- I will be responsible for my teammates at ALL times.
- I will push myself and my teammates toward improvement.
- I will show an unwavering determination for improvement.
- I will do whatever it takes to win the _____ this coming season.
- I will expect my teammates to work as hard as I do at all times.
- I will expect all members of our program to give 100% every day.
- I, _____, agree with the following physical strength and conditioning goals that I and Coach _____ have established for me. I promise to achieve my goals by committing myself to intensive consistent training

Your Coaching Style

- Remember a Bad Program that someone works hard on is better than a great program that someone does not give 100%.

