



If you would like to submit a question or topic to be covered in Coach's Corner, reply to this email with your question and be on the lookout for it next week!

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### Today's Topic

Welcome back to the Coach's Corner!

In last week's newsletter we talked all about goals, goal setting, and everything that falls into that realm. Goal setting is a vital part of success on both a personal and a team level, but just like most things, there's the potential for a 'dark side'.

When talking about goals, that 'dark side' can look something like getting WAYYYYY too focused on results or outcomes. Taking it to a point where we start missing things along the path that got us there. Another way to word it is becoming far too results oriented and forgetting about the process.

Ideally, we would rather be more 'Process Oriented' than 'Results Oriented'. This isn't to undermine anything we talked about in last weeks' newsletter. Goals are still amazing and goal setting is still vitally important. What I'm saying is that we can reach a point where we become too 'laser focused' on the results, to where we forget about everything else that gets us there. There are so many things that must take place in order for us to achieve our goals when we really think about it. So, if we get too zoned in on the goal and disregard everything else, it is bound to make the journey of chasing that goal quite a bit harder.

That's why this week I want to take a look at what it means to be 'Process Oriented' and why it can be much more beneficial for you and your teams when compared to being entirely 'Results Oriented'.

Before diving too far into this topic, I want to preface this newsletter by telling you that...

"I AM NOT SAYING WINNING ISN'T IMPORTANT! I KNOW WINNING MATTERS!"

This is one of the most common arguments I get from people when I start telling them that there is another option out there than just being Results Oriented. Trust me, I hate losing just as much as the next guy... If not more!

We can still love to win and hate to lose while remaining  
Process Oriented.

### **How Can I Apply This?**

For those of you that know me, know that I'm a big golfer and a big Tiger Woods fan. I'm a fan of Tiger not only for his incredible success throughout his career, but also his work ethic, determination, and mentality that have fueled his iconic performances. Since Tiger is so famous and has been so dominant, there's a plethora of quotes from him that have resonated with me over the years. But my favorite quote fits perfectly with this topic:

"Winning is not always the barometer of getting better."

Coming from one of the winningest athletes in the history of mankind, this hits pretty hard. Winning was everything to this man, but he also realizes that winning isn't the only thing. There are plenty of other signs out there that show your improvement, growth, or change as an athlete or a person.

This is what being Process Oriented is all about. Seeing that even though maybe we lost the game, we still showed signs of growth and improvement over our last outing.

Being more Process Oriented can do so much for us and our teams. It allows us to:

- Track progression in New Ways
- Prevent Large Goals from being too Daunting
- Handle Losses More Effectively
- Enjoy the Ride!

All of these things while still keeping our main goal of WINNING front and center!

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### **Tracking Progression**

When we become too 'Results Oriented' we start to forget about the idea of progression altogether and focus solely on the 'important results' (AKA: Wins). Like I said at the start,

WINNING IS IMPORTANT! I'll never argue that, but there is a ton of other stuff that is important too.

Over the course of a long season, if we were to only track our Wins and Losses and ignore everything else, we are missing about 99% of what's going on. How do we know what we're bad at? How do we determine what's causing us to lose? Are our players getting any better or worse? Are our practices effective? etc. etc. etc...

If we're only looking at the 'Big Picture' of the Win column, we are doing a pretty poor job of developing our athletes. We aren't focusing on the things that lead to wins and improving on those things first and foremost.

On the flipside, once we become more 'Process Oriented' these little things that we would normally ignore become much more important to our philosophy. Our goal as a coach is now about fostering progression and growth in our athletes, which may look drastically different depending on your sport.

Maybe it's tracking your turnovers, shooting or completion percentages, weightlifting numbers, velocities, the list goes on. There are a million different ways to track progression in different sports giving you a million different ways to keep tabs on how your athletes are growing, developing, and improving.

By tracking progression in different ways it allows you to see if your techniques are working and it allows your athletes to see the same thing. If they aren't progressing, maybe they need to make a change or the program isn't quite right. Progression tracking in any form allows you, as a coach, to be much more intentional and detailed with the progression and improvement of your players.

Tracking progression in more 'non-traditional' ways is a rabbit-hole that I could speak on forever, so if you have any questions or want to ask for advice on how to do this in your sport, please reach out to me and I'll offer any help I can!

## **Prevent Large Goals from being too Daunting**

As I've said throughout this whole newsletter, it can be pretty dangerous if the only thing we track or focus on is Wins and Losses, and that doesn't change when we look at our goals.

Last week I gave the example of setting my team's ultimate goal as 'Winning the State Championship'. If we're sitting at our first team meeting of the season, 5 months before the State Tournament, and the only thing we have set out to accomplish is winning that State Title... That can seem pretty intimidating, right?

That's a huge thing to expect without having practiced a single day yet. Which is why we talked about using that Goal Roadmap to reach our Ultimate Goal. Where we set a bunch of smaller goals that lead up to our bigger goal. Where each one builds on the last and eventually it builds all the way up to that State Championship.

This style of Goal Setting is very Process Oriented. We aren't only focused on the Ultimate Goal, we are also putting a lot of focus into the process it's going to take for us to get there.

Any way that we can take some of the fear out of our own goals is a good thing, and that can usually be done by breaking them down into smaller and smaller pieces until it becomes much easier to digest. All we are doing is breaking the Big Goal down until it's the small day-to-day tasks required to reach our goals... AKA the PROCESS.

The more things we can inject a 'process oriented' mindset and outlook into, the better for us and our team.

## **Handle Losses More Effectively**

Let's imagine you're a coach that is completely and solely Results Oriented. What's the result that you are most likely to focus on?

The Result of the games, right? Wins and Losses.

If this is the case, think about how devastating a loss would be to you and your team. Even if it is a meaningless, non-conference, preseason game. Since it's the only thing that matters and the only thing you pay attention to, a loss is absolutely catastrophic for your program. Now let's take it a step further. What if you have a down year and lose 7, 8, 9 games? That sounds horrific. If the only thing that matters is winning and you never win... How are you ever going to motivate your team to keep going? To keep showing up and working hard at practice every single day?

This is a pretty extreme example, I know most coaches don't operate like this but it proves my point by showing how dangerous becoming too 'Results Oriented' can be.

Even if you aren't at this extreme point as a coach, you probably take losses pretty hard which is a good thing, it shows how passionate you are about your athletes and your job. But, if you are more process oriented and have other effective ways of measuring progression and improvement in your team, a loss isn't necessarily the end of the world anymore. Instead, you are able to find the silver linings in a loss, recognize the small improvements you made, and plan for the week ahead accordingly.

With process oriented tactics in place you have other ways to show your team how they have improved, grown, and made strides toward the ultimate goal even if the scoreboard doesn't show it.

### **Enjoy the Ride!**

The title of this newsletter is a quote from Ralph Waldo Emerson and even though he had nothing to do with sports or coaching, I think this quote describes our careers in sports pretty dang well whether we are athletes, coaches, parents, or anything else: *"It's not the Destination, it's the Journey."*

Looking back at my own career in baseball there aren't many games that I could tell you the scores from or even my own stat line. Yes, I remember some of the highlights and some of my best performances and I definitely remember some of the worsts. But overall, most of that stuff's been forgotten.

But you know what I do remember? The dumb stuff. The road trips. The friendships. The punishments. The screwups. The hilarious things that I would never expect to remember.

I remember having a standing contest on the bus during our 14 hour road trip back from New Mexico my sophomore year in college. But I couldn't tell you what teams we played that weekend.

I remember the smoke alarm going off at 3 a.m. in our Motel 6 room in a really sketchy part of Oakland, CA and having to rip it off the ceiling and throw it out into the parking lot. Who knows how I played that next day?

It's the dumb stories like this that I've held onto over the years. These are the stories myself and my former teammates share when we get together. We don't talk about stats or records, we talk about these real memories.

I think this is what sports are all about. It's a ride that we get to go on for a certain part of our lives. We don't know how long that ride lasts so we have to enjoy it and soak up as much as possible while we can. Enjoying the process and not focusing too much on outcomes or results allows us to live in the moment, enjoy the time we've got with the games we love, and genuinely experience our time in sports as best as possible.

No matter what you take from this newsletter, whether you go all in on process oriented coaching, or just take a little bit, never forget to ENJOY THE RIDE because you'll never get this time back!

## **This Week In Sports**

### **1. Barry Bonds' Final Chance**

Over the past 2 weeks, the MLB Hall of Fame Voting ballots have started to surface online. While the official ballot isn't revealed until next Monday, there are preliminary ballots that we have all begun speculating on.

Some of the 1st year candidates include Prince Fielder, Tim Lincecum, David Ortiz, and Alex Rodriguez; but to be honest, I really don't care about most of the names on the ballot this year except for 1.

That name being Barry Bonds, the greatest home run hitter of all time and arguably the most polarizing figure in baseball history. Yes, Bonds took PED's. Yes, Bonds cheated. But I hate to break it to you, the steroids weren't what hit 762 home runs... That was all Barry. The steroids may have helped him stay healthy and play for a bit longer, but the physical skill and ability to hit a baseball out of a major league stadium off a major league pitcher 762 times is something I will never discount.

This year is Barry's final chance to make the Hall of Fame. After this year his time is up and his name comes off the ballot forever. To get in he needs a 75% vote after hitting his highest percentage yet last year with 61.8%. We'll have to wait and see if the greatest power hitter of all time earns his rightful place in Cooperstown.

Do I think he'll get in? No... Do I wish he would get it? Without a doubt! LET BARRY IN!

## **2. The Chiefs Looked Like the Chiefs Again...Finally.**

This season as a Kansas City Chiefs fan has been much more reminiscent of my childhood Chiefs fandom than what the past 2 years has felt like. Seeing interceptions that looked more like Brody Croyle or Tyler Thigpen than Patrick Mahomes has been tough to watch this year. Defenses have started to figure the Chiefs out, nothing has really been clicking, and the Chiefs have struggled.



But last Sunday it seemed that Mahomes and the Chiefs started to regain their Super Bowl form of the past 2 years. And to make it even better, it was against the Raiders in their brand new stadium.

Mahomes dominated, throwing for over 400 yards and 5 touchdowns. Travis Kelce and Tyreek Hill finally looked like themselves again. The defense played great. Even Tommy Townsend, the punter, delivered a perfect 16 yard pass on a fake punt in the 4th quarter.

The resounding 41-14 victory is hopefully a good sign of what's to come the rest of the season. I was starting to get used to watching the Chiefs play all the way into January and I'm hoping to get the chance to do that again this year!

### **Other Sport Psych References**

#### **1. Kevin Love Speaks on His Battles Once Again**

NBA Champion, Kevin Love has been one of the athletes who over the past few years has taken charge and spoken out about his own mental and some of the battles he's had to face. On many different occasions he has talked about what he's gone through, how he got through it, and how he feels now that he is in a much better place.

In this video clip in particular, Love speaks again about some of his darkest years and goes into what he would tell himself if he were able to go back in time and talk to a younger version of himself.

Mental Health can be such a difficult subject to talk about and I really appreciate famous athletes like Kevin Love who are willing to break through that stigma and speak on their own battles. It helps give hope to everyone out there who may be suffering in silence. He is showing us all that it's a good thing to talk about what you're going through and seek help if you need to.

Anytime I see an athlete or celebrity speak about the perils of mental health I am always a fan and try to pass it on to as many people as possible because you never know who may need to hear it!

[Watch The Video Clip HERE.](#)



## 2. Sport Psychology Performance Model- HH Mentality

The graphic above is from 'HH Mentality' and I think it does a really good job of showing us how many different factors are at

play in sport performance. It's so much more complicated than just the sport itself, or the few other things that we associate with our student-athletes.

This model isn't perfect and doesn't apply perfectly to every sport or every athlete, but it still serves the purpose of showing the complexity of the entire situation. Every athlete's situation is unique and different, so the factors surrounding their performance will differ.

With so many different factors at play it is so difficult for everything to be at 100% all at the same time. It's almost like the stars have to align for that to happen. We can't expect our athletes to always have everything completely in-check because there is simply too much. Instead we want to help them get as close to 100% as possible and be there to support and help them when their struggling.

There are hundreds of different models out there that try to show what all goes into a performance, but this is one of my favorite that I have found so far!

### Quick Quote



"You have to fall in love with the process of becoming great."

**-Blake Griffin**

Check out Older Editions of the Coach's Corner at the Bottom of  
the Page Here:

<https://www.streckersportpsych.com/coachs-corner>

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Thank you for reading and until next week, remember:

***Today is a great day to change a life!***

Cheers,

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