



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!**

Last week we dove into Resiliency and talked about how we can instill it in our athletes. Creating resilient athletes and cultivating that 'thick-skin' culture among your team is something almost all coaches are striving for. Well, developing athletes' resiliency is only part of the battle.

As a coach, the goal of building a resilient team culture all starts with you!

If you aren't heading up the charge, leading by example, and showing your athletes that you are fully bought in, you are going to be fighting a losing battle for a while. This is why in this week's newsletter I want to stay on the topic of resiliency. However, this time we're not talking about building resilient athletes... We are talking about how to be more resilient as a coach and how to handle adversity in your role as a leader and mentor.

Many of the topics and tactics we touched on last week still apply, but there is also a lot more to be done because there are so many people looking to you for answers and guidance every single day as a coach.

Being an extremely resilient coach is a huge advantage because it lays the foundation for a resilient team. Without a resilient leader, how can athletes be expected to be resilient themselves?

Think about the sport you coach... Think back to a time when something went terribly wrong, or the official made a terrible call that went against your team.

What did all of your players do?

If I had to guess... I bet they all looked over to the sidelines at you. Trying to figure out how to respond and what to do next.

In that situation, if you were to blow up, yell at the official, and allow that emotional response take over, what do you think your athletes will do? (*\*hint\* they will do the same thing.*)

Regardless of the relationship you have with each one of your athletes; you are their leader, their North Star. When things go sideways it's human nature to find a sense of normalcy to balance things back out. **YOU** are that sense of normalcy to your athletes. This is why it is so important for you to set the example you want them to emulate.

If you are able to set the example of handling adversity well, moving past mistakes effectively, and focusing on the next task at hand, your athletes will follow and you will slowly but

surely begin cultivating that resilient team culture you have always strived for.

All coaches want to set this example, but where do I start? How do I set that example?

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

When trying to develop resiliency in our athletes, there are tons of different tactics we can use in practice that we discussed last week. But how do we work to instill that resiliency in ourselves?

Like I said at the start, some of the same tactics apply, but there is also a lot more at play for you, as a coach, in such a large leadership role. In this section we are going to break down 6 different strategies that can help you be more resilient as a coach and handle adversity in competition in the most effective and constructive way possible.

#### **1. Know Your 'WHY'**

Why do you coach?

This is such a simple question that should be accompanied by a pretty complex answer. We've all heard it 100 times: *Coaching is more than a job, it is a calling.* I truly believe this.

Coaching is so much more than just teaching a sport. It is leading and molding young people into who they will become as people in society.

So, WHY DO YOU COACH?

What is it that makes you deal with all the junk that comes with the job? What is it that gets you out of bed in the morning? Why do you show up everyday?

These answers probably won't come easily. Instead it may take a fair amount of self-exploration and deep digging into your own psyche.

I encourage all coaches to do this self-exploration, especially when times get tough. Take 10-15 minutes to sit alone and really think deep. Think about your past experiences and all the decisions you made that led you to where you are today as a coach. Determine what you want from coaching. What is your goal as a coach? What do you want to provide for your athletes?

Once you are able to determine your '**WHY**' then you have something to build your entire coaching philosophy on. Then no matter what happens, good or bad, you have a guiding principle to follow no matter how bad things may seem.

## 2. **Reset Routines**

Reset Routines are a topic we discussed last week and applied it to our athletes. The exact same technique can apply to coaches as well. As a coach, if you are unable to reset and move on after a mistake or bad call, how can you effectively lead if you are still caught up on something in the past?

Here is the 5-step 'Reset Technique' I teach:

1. Recognize the Mistake- Own up to what happened and determine what you could have done differently next time to avoid the same mistake.
2. Feel the Feelings- How do you feel? Are you angry, sad, upset, etc.? FEEL that emotion, but don't act on it yet.
3. Accept the Feelings- Instead of acting on the emotion you're feeling, simply accept the way you feel. Allow yourself to be mad or upset for a minute... BUT DON'T ACT ON IT!
4. RESET- Develop a saying or trigger (*next strategy*) that helps reset you and allows you to move on from what happened and the emotions that are tied to it.
5. Focus Forward- What's next? Determine what you need to do next in order to lead effectively. Focus on the next

task at hand and put all your energy and emotion toward it.

Walking yourself through these steps when something goes wrong does so much for you. It alleviates the 'knee-jerk' emotions that come with it, prevents an outburst, and allows you to regain focus on the competition.

If you are able to reset effectively and avoid showing too much emotion, you are setting a sound example for your athletes to follow.

### **3. Reset Mechanism**

This mechanism is point number 4 from the 'Reset Routine' we just covered.

It's great to do all the work with controlling your emotions and trying to focus back on the competition, but developing some type of trigger that reinforces these thoughts makes the routine that much more effective.

Last week, I gave you the 'reset mechanism' examples of Russell Wilson and Augie Garrido which are two of my favorites out there. But, it's important to remember that those examples may not be perfect fits for you.

This one is difficult to give you an exact answer on because every single one of us is unique and responds differently to everything. This is why the self-exploration we discussed earlier is so important. The better you understand yourself, the better you can formulate a trigger that helps you reset. Being able to push your own buttons in the right order is key to controlling your emotions and reactions.

Some possibilities for reset mechanisms include:

-Power Statements: A word or saying that draws your attention back to the competition and away from the 'adversity'.

-Taking a drink of water: This puts your focus onto something entirely separate from the game and allows you to clear your mind for just a second.

-Changing your posture: If you are standing, take a seat and vice versa. Making a physical change helps change the environment entirely in your mind allowing you the chance to pick where you want your focus to be.

-Deep Breathing: Few things are as powerful as a couple deep breaths. Bringing more oxygen into your brain helps you think more clearly and analytically as opposed to emotionally.

My advice is to try as many different things as you can think of. This is a process of trial and error. But, once you find that trigger that really clicks in your head you'll know it, you'll be able to feel it work. Then over time and through repetition, this reset mechanism will become automatic and you'll develop full control over your ability to focus.

#### **4. Don't Make it About YOU**

I think most coaches already understand this, but I would be remiss if I didn't bring it up.

Whether you are coaching in the NFL or you are coaching YMCA 3rd grade basketball, the game is about the players, not the coach. As soon as a coach makes the whole thing about them, they're taking it away from their athletes and that simply isn't okay.

When a coach chooses to make it about themselves by causing a scene they are taking away everything that sports are supposed to be about. This includes blowing up at officials, your own players, or the opponent. You are detracting from the work of the athletes and putting the spotlight on yourself in that moment, whether that was your goal or not.

Remember that no matter how bad the situation is, the players are still the main focus, not you!

Don't ever allow yourself to become the center of attention, that position is reserved for your players and them alone. This

is why it is so important to be able to control our emotions and reactions, allowing us to stay calm, cool, and collected in the face of adversity.

## **5. Don't Place Blame**

Like we've talked throughout this entire newsletter, we are always setting an example for our athletes. They are always looking to us for guidance. So, if we are constantly pointing the finger and placing blame, they are going to emulate that.

We don't want our athletes to build that habit of avoiding responsibility and placing the blame on someone else every time something goes wrong. Instead, we want them to own up to their mistakes and learn to move past them. The best way to instill this is through setting the example ourselves.

No matter how bad one of our athletes messes something up, it isn't worth berating them and blaming them for it, especially in front of all their peers. No matter how bad the call was by the official, making a scene out of blaming them for it simply isn't worth it. Blaming the official for everything sets a very poor example for your athletes.

When in doubt as a coach, place the blame on yourself in the moment. Even if it was not your fault at all, you are the adult and you can handle it. This is always a more effective approach than beating up on an official or alienating one of your athletes in front of everyone.

While there is no perfect solution here, since every situation is different... The more we can avoid pointing the finger, the better example we are setting for our athletes and the more resilient we are becoming as a coach and a leader.

## **6. Trust Yourself**

You have this job for a reason, right? You didn't accidentally become a coach, you earned this position because you know what you are doing.

In the heat of adversity it's really easy to forget this. Our emotions will take over and disregard all of our previous experiences. So try to slow it down and trust in yourself instead.

Most coaches were athletes at some point in time and have now had to deal with adversity as both a player and a coach. You have more experience dealing with adversity than anyone else out there... So trust that. Trust yourself. Fall back on your experiences and expertise when things go wrong. Trust your gut.

There are a million different 'cliché' sayings I could shove into that paragraph, but they're all true in this instance. You are in charge for a reason. There are people who trust you and believe in you, don't ever forget that!

When times get tough, trust your gut and lead like you know how to lead!

Adversity is inevitable in sports, regardless of level, so it is extremely important to know how to deal with it effectively. The more resilient you can be as a coach and leader, the better example you can set for your athletes. Once you are able to set that example, your athletes will follow. That combined with the techniques we discussed last week make for a great recipe for building an extremely gritty, tough, and resilient team!

### **This Week in Sports**

#### **1. The Sports Bet of a Lifetime**

In 2020, we all got our first glimpse of the potential 'prodigy of all prodigies'... 11 year old Charlie Woods, son of Tiger Woods, at the PNC Championship where he competed along side his father in a scramble format against other family-based teams.



Charlie's swing and demeanor were so similar to those of Tiger that it was almost scary. I can say confidently that I've never been glued to a TV for an 11 year old like I was that weekend. He was downright impressive.

Well over the past few weeks, many sports books across the country have opened up the opportunity to bet on Charlie Woods' future as a professional golfer, even though he is a 12 year old 6th grader...

Some of the bets include:

825-1 odds that he will win a major before age 25.

1500-1 odds that he wins a major before age 22 (like his father did).

This seems wild to be able to bet on a 6th grader's performance a decade from now, but I guess it is Tiger Woods' son, so maybe it isn't so crazy...

Whether you are a betting person or not, odds that large are hard to ignore... You never know what could happen!

## **2. Chris Bumstead Completes the 3-Peat**

My goal with this section of the newsletter is to bring you sports news that maybe didn't make the 'Sports Section' of your local newspaper and I think this is one of those stories. As a fitness enthusiast myself, bodybuilding is a weird sector of sports that I love to follow.

Last weekend was the annual Mr. Olympia Bodybuilding show (The Super Bowl of Bodybuilding). The same show that put the great Arnold Schwarzenegger on the map.

Competing in the same division that Arnold used to compete in (Classic Physique), Chris Bumstead defended his title as Mr. Olympia and won the title for the third straight year. With the way CBum looked on stage this year, it looks like he may go on

an undefeated streak that could rival Arnold's 6 straight Mr. Olympia titles in the 1970's.

Bumstead was the favorite entering the event and he did not disappoint, he made improvements to areas that judges criticized the past two years and looked better than he ever has, and walked away a champion once again.

CBum is often looked at as my generation's Arnold, and it looks like he has a chance to chase the crown of greatest bodybuilder of all time and dethrone Arnold from that position... But only time will tell.

### **Other Sport Psych Resources**

#### **1. Mental Health is a Priority for KC NWSL**

This week KC NWSL, Kansas City's Professional Women's Soccer Team released a 17-minute video interview with their team captain, Rachel Corsie. This interview is all about mental health and how to prioritize it in our everyday lives.

Throughout this interview there are tons of clips that provide actionable steps we can all take to prioritize our mental health regardless of the situation we find ourselves in.

I always enjoy seeing professional athletes discussing mental health and doing as much as they can to help destigmatize the way we look at it, and this interview is one of the best examples I have seen yet. It's also awesome to see a team in my own city taking this initiative.

Here is a clip of Rachel talking about her own happiness and how it is a good thing to put ourselves first sometimes:

[https://www.linkedin.com/posts/nwsl-kc\\_rachel-corsie-sits-down-for-an-open-conversation-activity-6853706236005781504-plGP](https://www.linkedin.com/posts/nwsl-kc_rachel-corsie-sits-down-for-an-open-conversation-activity-6853706236005781504-plGP)

OR

[Check out the entire interview HERE.](#)

## 2. [Justin Tucker Breaks Down the Mental Side of his NFL Record](#)

Two weeks ago Justin Tucker, kicker for the Baltimore Ravens, broke the record for the longest made field goal in NFL history by hitting a 66-yard game winner at the end of regulation to defeat the Detroit Lions.

After shattering this record, Tucker went onto the Pat McAfee Show and talked with Pat McAfee (former NFL Punter) about the intricacies and nuances of making a kick from that distance. The talk about the tiny things that go into executing the kick were amazing, but him discussing the mental aspect of it was even more interesting to me.

Throughout the interview he repeatedly emphasizes 'WE' and talks about the team effort behind making the kick. Then at about 7 minutes into the interview he begins talking about controlling his thoughts and emotions, the power of having a strong mental game, and everything else that goes on in his head while kicking such a high leverage kick.

This is one of the best 'mental performance' interviews I have ever seen from an NFL athlete!

[The full interview can be seen HERE.](#)

**\*Warning\* This interview contains some explicit language**

**Quick Quote**



"A good coach can change a game. A great coach can change a life."

**-John Wooden**

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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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