



Modern Coaching
 Aartwichgt Bell Level I, II & III , ICECP
 International Coach Sport Science Specifics & General
 University of Delaware

International Coaching Enrichment
 Certificate Program (ICECP)
 [May 29th & 30th 2009]
 Curacao, N.A.

Email: sam_judo@hotmail.com ,
aartwichgtbell@yahoo.com
 Number: (599) 554 - 3063







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 Wendell Prince
 International Coach Sport Science Specifics ,
 Track & Field

International Coaching Enrichment
 Certificate Program (ICECP)
 [May 29th & 30th 2009]
 Curacao, N.A.


Email: wenprince@umet.edu
 Number: (5999) 5511- 0348





INTRODUCTION

Modern coaching; as a major component and graduate of the ICECP scholarship program, it meets the needs of coaches and athletes development, now and in the future. The ICECP stands for " International Coaches Enrichment Certificate Program, which assists countries that do not posses major resources with their core task of developing a coaching structure and preparing coaches to support athletes as they move along their development pathway.



Sport Analysis Research

1. Sport development levels
2. The Coach
3. Coaching
4. Athletes
5. Peak- Performance
6. Strength & Conditioning



Sport Development Levels

- The Sport development is categorized generally in the following groups.
- **Recreational Sport:** [After school program, Social sport events, fun & hobbies.]
- **Traditional Sport:** [Non official & official events, participating expedition]
- **Competitive Sport:** [Performance, Qualification events, Title event, continental training champ]
- **Elite Sport:** [High performance preparation, Classifications events, Pan-American, Olympics Games]



Development Structure



Elite: High-Performance Preparation C.A.C, Pan-American & Olympics Games.

Competitive: Specialization Development. Continental training Camps.

Traditional sport: Motor Building.

Recreational Sport: Social / Local Event

Grassroots Development: Volunteers/teachers

Participation asst-coach: 8-14, 15-17


Performance Participation National championships coach: Advance

Academic Development Senior coach: Elite



The Coach


Represent the image of being a: **trainer, teacher, instructor, tutor and mentor.** The **coach** prepare those who needs to get ready, he is an adviser, planner, disciplines and put thing in order. He make nothing becomes something. The **coach** is a model for every child, person teenager, athlete's opportunity achieving goal in what they want to become.



LONG TERM COACH DEVELOPMENT



	CHILDREN'S COACH	PARTICIPATION COACH	PERFORMANCE DEVELOPMENT COACH	HIGH PERFORMANCE COACH
MASTER COACH				Level- IV
SENIOR COACH			Level- III	
COACH		Level II		
ASSISTANT COACH	Level- I			

RELATED ROLES ENTRY INTO SPORTS COACHING RELATED ROLES



Coaching

- **Key point of success:**
- The key point of success is **planning.** The coach must create an intelligent training program which will bring him and the athlete success in achieving their goals.
- The coach must know his athlete and create a positive and good relationship, which is a fundamental principal. The coach must understand the skill and stages of skills development considering the **feedback.**

Coaching



Planning:

1. Evaluation of the previous season
2. Recommendation for new improvements
3. Planning of new season
4. Vision values of development
5. Mission getting there
6. Evaluation of coming events to measurable
7. Fundamental events
8. Risk consideration
9. Goal achievements.
10. Evaluation



Feedback - Outline


- Skill and the stages of skill development
- Feedback considerations
 - Definitions
 - Types
 - Functions
 - Delivery – who, what, how, and when
- Practice considerations

The Athlete


Focus Ability:

1. **Width:** the ability to focus on; Broad multiple stimuli, Narrow focus on 1 or 2 stimuli
2. **Direction:** Internal thought processes, External reflexive reaction automatic response.
3. **Flexibility:** ability to shift focus from one situation and then immediately respond to a new and different condition and situation.




The Athlete

Fear of athletes:
The word FISE is the fears of the athletes' confrontations.
 F= Failures
 I = Injuries
 S= Success; hardest part is not getting to the top but staying on top with success comes the added commitment and responsibility continue to perform at a higher level.
 E=Embarrassment



The Athlete

- **Goal setting:**
- The goal setting of an athlete is to improve self confidence.
- Goals improve performance
- Goals improve the quality of practices
- Goals improve clarified expectations (self efficiency)
- Goals help relieve boredom by making training more challenging
- Goals increase intrinsic motivation to achieve
- Goals improve pride satisfaction and self-confidence




The Athlete

Factors for Team Peak Performance:
 Understanding What Athletes go Through Coaching the individual and team goes hand in hand!
 EMOTIONAL QUALITIES

1. EMOTIONAL PERSONALITY - USUAL WAY AN ATHLETE FEELS
2. REACTIVE LEVEL - HOW STRONG
3. ABILITY TO CONTROL EMOTIONS
4. EMOTIONAL FLEXIBILITY -DIFFERENT FEELINGS ACCORDING TO SITUATION


Lt. Bob Shillinglaw Prof. University of North Carolina



The Athlete

Arousal control training a champ during Peak Performance:


- C= Cue words (trigger words)
- H= Here & now (task at hand)
- A = Ability (review Strengths)
- M= Mental Imagery - (picture success)
- P = Positive interpretation of arousal (monitoring prior arousal level when performance was high v/s present level.)



Strength & Conditioning

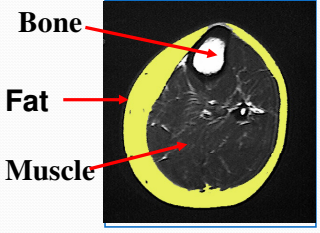
To New Heights

Improving an athlete's jumping ability means taking into consideration speed-to-intensity ratios, inhibitory deceleration, eccentric stretch, and the use of plyometrics. But it starts with the proper foundation of strength.





Women's Arm as an example of hypertrophy after 6 months of periodized resistance training

Pre -

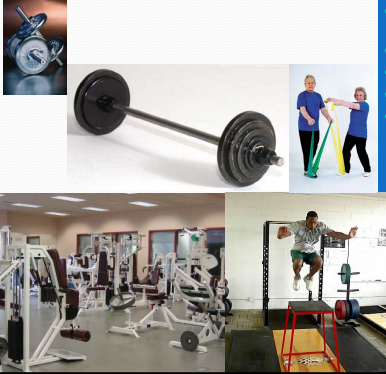


Post-Training






Choice of Exercise



- Structural Multiple-joint vs. Isotonic
- Single Isolated Joint
- Muscle Actions
- Activation/Angle
- Type of Modality
- Variable Resistance
- Power /SSC

- **Take home tips**
- The real focus of a training program is getting kids involved in sports, and making sure they all have the chance to experience both success and failures.
- But a big part of what makes it unique is how we handle our athlete's work, hard to find situations where they can learn to improve, grow, even if that means not finishing first. "I believe you can learn a lot from not being the best at something, especially if you're used to being the best."





Thank you

Mr. Aartwichgt Bell & Mr. Wendell Prince
 May God Bless you.