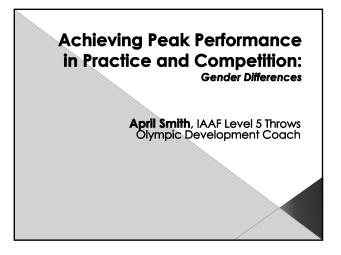
### 2020 Athletics.net SuperClinic

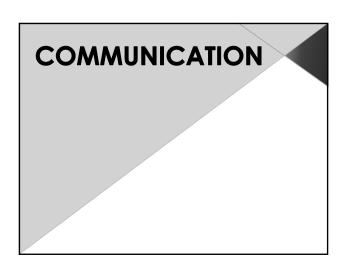
April Smith – Achieving Peek Performance – Gender Differences





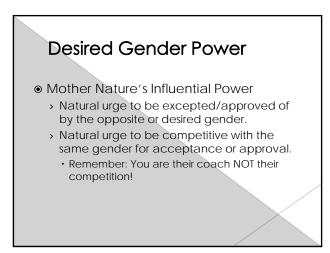
# Peak Performance Formula KNOWLEDGE OF THE EVENT Certifications, clinics/symposiums, mentors EXPERIENCE Trial and error, past participation RESOURCES Staff, facilities, budget and creativity TRUST FROM THE ATHLETE

> Athlete's participation and commitment



# **Coaching Styles**

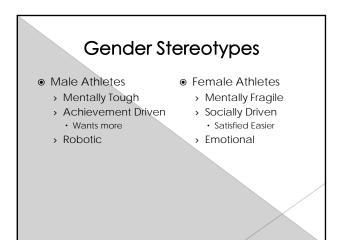
- Positive Feedback
- Negative Feedback
- Sandwich Style
- Athlete Input
- "My Way or the Highway" Style
- "Excitement" Style The Motivator



# What effect can this have on the athlete's motivation?

- Be careful: You could end up in a position where you want it more than the athlete.
  - 5 minute conversation
     Find out the goals
    - After college desires-job Post collegiate event endeavors











- Answering the "Why's"
- Knowing the athletes body language
   Knowing how to capitalize on the athlete's subconscious mannerisms & movements
- Giving relevance to the athlete's needs
  > Is their mind with you??
- Reassurance throughout the process
   Expressing your faith in their progress

## 2020 Athletics.net SuperClinic April Smith – Achieving Peek Performance – Gender Differences

"If only you believed what I, as your coach, know about you as an athlete. You would be unstoppable!!"

~April Smith