THE FUTURE COACH CREATING TOMORROW'S SOCCER PLAYERS TODAY

[DOWNLOAD]

TOM BATES



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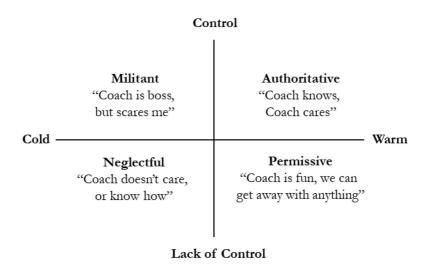
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The Control Warmth Matrix

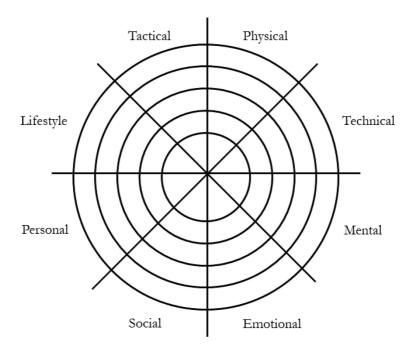


The Performance Profile

When making an assessment:

- 1. Coaches ask their player: "Where do you think you are now, between 0 and 10?"
- 2. Coaches then offer their own assessment of the player: "This is where I think you are."
- 3. Both parties examine the differences between scores/viewpoints.
- 4. Both parties try to work out why there are differences in perceptions.
- 5. The coach and player then calculate a score, and work out what can be done to improve the score, for this player, in this situation.

The current score – between 0 and 10 - is then marked on the profile wheel (0 = low grade, 10 = high grade; 10 is the outermost ring).



MISSION	PURPOSE	DIRECTION
The thing I want to achieve	Why I am going to achieve it	Where I want to go, and how to get there

Assessing Character

Leaders

The professional warriors who set standards and drive performance on and off the pitch. These characters do the right thing every day no matter what. They do what is right, not what is easy.

Chameleons

The ones who change with the wind and adapt based on where the power base lies. These characters can be positively or negatively persuaded based on the strength of the influence.

Terrorists

These negative influences purposefully undermine and damage the health of the team through their destructive attitude and poisonous behaviour.

Lone Rangers

Characters who detach themselves from the crowd and remain independent of any one group. They inherently prefer to keep a distance and remain separated.

SWOT Analysis – Self Analysis

Strengths	Weaknesses
Opportunities	Threats

SWOT Analysis – The Club

Strengths	Weaknesses
Opportunities	Threats
Opportunities	Tineats

My top five traits -I want my players to:

1.	
2.	
3.	
4.	
5.	

What can I do to instil these traits in my players?

1.	
2.	
3.	
4.	
5.	

The Challenge and Support Matrix

High Support

Unfulfilled Potential

Low expectations
Low standards
Lack of ambition
Complacency & Comfort
Frustration
Practise safely

Winning Attitude & Performance

High expectations
High standards
Total ambition
Co-operation
Positive response to mistakes
Risk taking

Low Challenge -

High Challenge

Underachievement

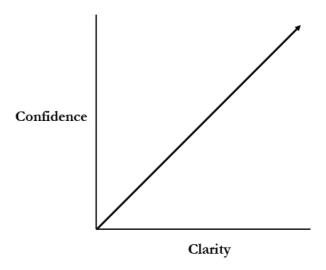
Apathy
Very low expectations
Very low ambitions
Avoidance of risk
Low morale
Very low standards

Anxiety & Stress

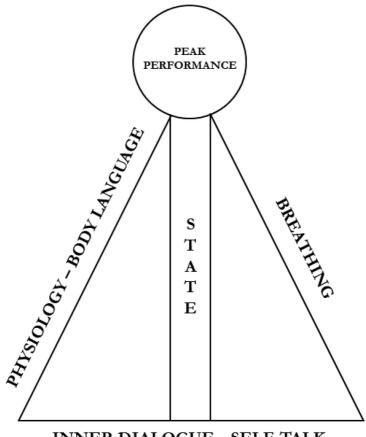
Blame culture
Fear of failure
Risk aversion
High expectations
Negative response to setbacks
High standards + Frustration

Low Support

Clarity = Confidence



Three State-Changing Influences



INNER DIALOGUE - SELF-TALK

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