Intermediate Module - Coaching the Mind

Audience

The module is aimed at British Canoeing Awarding Body Coaches and Performance Coaches, parents and paddlers who are interested in using psychology to improve performance in paddlesport. It is recommended that participants have either completed the British Canoeing Awarding Body Foundation Module Coaching the Mind, or have previous experience/knowledge of basic sport psychology including mental skills training, concentration, imagery and arousal.

Time

6 hours.

The module uses a variety of methods of interaction that include discussions, activity, demonstrations and small tasks, and is an active learning environment.

Background

The module begins with a quick recap of the topics covered in the Coaching the Mind Foundation Module, it then moves on to explore attentional focus, imagery and arousal. Individual analysis methods, the use of self-talk and pre-performance routines are discussed and explained, while performance profiling tools and the use of goal setting are also covered. The module finishes by exploring motivational factors, motivational climate and attributions.

Learning Outcomes

By the end of this module, participants should be able to:

- Reflect and develop upon understanding of performance and arousal;
- Discuss the application of control strategies such as attentional focus and imagery;
- Explore factors and influences of personal motivation and how coaches can influence the motivational climate;

- Investigate how personal thought can influence behaviour;
- Discuss applications and limitations of performance enhancement techniques, including self-talk and pre-performance routines;
- Discuss methods and purpose of 'getting to know' your performers;
- Explore strategies of performer development including goal setting and performance profiling.

Further Reading

BCU Coaching Handbook (Chapter 3)
Franco Ferrero (ed.) 2006, Pesda Press

Foundations of Sport and Exercise Psychology
Weinburg, R.S. and Gould, D. (2003), IL: Human Kinetics