Do Your Athletes Get It?

Developing Technique By Thinking Outside The Box
Session Goals

- Briefly explore “Pedagogy: the study of how knowledge and skills are imparted in an educational context”
- Create a technical framework
- Practical examples and athlete experience with Cassidy
Part 1: Pedagogy
What Is It That You Need To Get?

- “The study of how knowledge and skills are imparted in an educational context”
- Coaches are the reservoir of knowledge
- If they’re not doing it, it’s your fault
- Teaching methods are as important as the information
“Experience Is The Best Teacher”

- Shift The Ratio
- Ask Meaningful and Demanding Questions
- Ask For Demonstrations
- Encourage Dialogue with Peers
- Create Competitions
Limitations and Breakthroughs

- Barriers:
  - Communication
  - Recognizing if the athlete can execute the skill you’re working on
  - Recognizing what the athlete perceives
- Get stuck in the problem
  - Try new concepts and develop an authentic style
Part 2: Creating The Framework
What Is It That Athletes Need To Get?

- What is the specific goal of rowing?
- What does the boat do during rowing?
- Take 30 seconds to develop 1-2 things that generate speed
- Take 30 seconds to develop 1-2 things that maintain speed
- Move to framework coaching, rather than positioning and sequence
Part 3: Practical Examples
Physical Literacy and Learn To Row

- Create Routine
- Develop Goals
- Layered Learning
- Innovate
What Foundational Pieces Need to be in Place?

- Take 1 minute to add branches onto your framework about what basic skills contribute to your Level 3 points
Train to Train

- Connect movement skills
- Connect through metaphors
- Integrate your coaching responsibilities
What metaphors do you use in your coaching?

- Take 1 minute to add branches onto your framework about what metaphors contribute to your Level 3/4 points
Train to Win

- Whole/Part/Whole
- Drills with real purpose
- Develop the repertoire specific to the crew
What Drill on the Water Develops an Athlete learning by themselves?

- Take 1 minute to add branches onto your framework about what drills contribute to your Level 4 points
Where do we draw inspiration?

- Other Sports
  - Communication – Matt Painter
  - Power – Josh Donaldson
  - Training - Barbell Shrugged
  - Philosophy - Kelly Starrett
- Books
- Peers
How Do I Implement at my club?

- The wrong question
- You have the answer
- Develop and refine your framework
Conclusion

- Develop teaching methods
- Develop your coaching framework
- Experiment and innovate in your daily practice with purpose