



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

Cassidy Deane





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