

Coaching REPORT

coaching style doesn't work anymore, these Coaching Indicators will show you how to tailor your coaching to each athlete's needs.

COACHING STYLE

SOFT & POSITIVE

A softer and mostly positive approach will work best.

Do's: Plenty of praise and encouragement. Offer reassurances after a mistake, e.g., it's okay you will get it next time. When criticizing, include some positivity, e.g., I like how you hustled, and next time try this other technique. Criticize the behavior, not the person. Ease them into challenges.

Don'ts: Avoid yelling or using negative body language such as crossing arms, shaking head, or frowning. Don't use harsh language or restate the obvious mistakes, e.g., you missed that free throw. Don't criticize the person, only the behavior.

INSTRUCTION METHOD(S)

VISUAL

Able to learn visually.

Do's: Diagram plays when possible. Game video study is highly effective. Explain things in visual terms. Use visual aids and demonstration.

Don'ts: Don't overtalk if you can show it. Don't forget to mention the important visual cues to have them look out for.

VERBAL

Able to learn verbally.

Do's: Use verbal instruction - both oral and written work well. When demonstrating, be sure to talk it through as you go. Deeper explanations and descriptions enhance learning retention.

Don'ts: Don't just show, remember to show and tell. Don't coach or teach using the silent treatment.

MOTIVATED BY

REWARDS / PUNISHMENT

This athlete is extrinsically motivated. Rewards and punishments are the best tools to steer behavior as this athlete is driven by a desire to seek pleasure and avoid pain, e.g., what's in it for me? Clear ground rules work best.

Practice: Rewards/punishments for performance work well. E.g., either running or not running laps after practice depending on performance in a drill/game.

Samples: Tie game performance/outcome to a bigger prize. In game awards (e.g., turnover chain in football) or immediately after game awards (e.g., game ball given to a top player) engage these athletes.

Goals: These athletes are generally not goal-driven so the process of goal setting and monitoring the progress is key. Frame the ultimate outcome goal as a big reward or prize. Also, clearly define the pain that will come if the goal is not reached.

IMAGE / REPUTATION

These athletes care deeply about what others think of them - that alone is a key motivational factor. They desire praise and approval from people they respect like coaches. Social media praise is highly valued. When criticizing, include some positivity, e.g., I like how you hustled, and next time try this other technique.

Practice: Provide praise and approval when they do something positive or correctly.

Samples: Tie game performance/outcome to public recognition and looking good to others. Keep body language and communications positive with these athletes.

Goals: Frame the ultimate outcome goal as something that will make them look good to others, e.g., making All Conference is a highly prestigious award.

PRESSURE PERFORMER

MEDIUM

Able to handle moderate pressure.

Do's: They can handle pressure, just not too much, watch their body language for changes and signs of anxiety as the pressure rises. Praise and reassurance is helpful, but don't overdo it.

Don'ts: Don't expect them to mentally carry the team on their own back. Don't forget to point out the fun parts of competition.

MENTAL ENDURANCE

LOW

Low level of mental endurance - has a harder time enduring tough situations/games and likely will need to take breaks to recharge & be provided with motivation/support to keep going.

Do's: Have teammates and coaches provide lots of encouragement - as they can lose hope quickly when things go bad. Emphasize they are not alone, others have their back. Stress effort more than talent as leading to success. Provide long breaks in the off-season and periodic days off during the season to avoid burnout.

Don'ts: Don't leave them in games too long - give them breaks, even short ones help. Don't make practice too grueling.

AFTER SETBACKS

TALK IT OUT

Talk it out with this athlete after a personal or team setback.

Do's: Let them talk it out. Ask questions if they don't start the conversation. Listen with empathy on what happened. Use a high level of eye contact. Suggest specific ways/plan to work through the setback.

Don'ts: Don't let them "awfulize" the situation - making it worse than it is.

interact with the athlete
more constructively in
common situations.

Athlete Type™ Tips▼

Athlete Type™ TipsAthlete Type™ TipsCoach Tips

Coach Situational Tips

As an Engineer, The Independent Athlete, this is how Zach can be more effective.

When Engineers take **Style** will most help Engineers

Calm, composed and objective is what Zach needs. The coach should strive to demonstrate predictable responses to things – be consistent.

How Engineers take **Praise**

With Zach, focus on logical/accurate praise, rather than emotional/supportive praise.

After Engineers make a **Mistake**

Criticize Zach carefully. Point out the mistake and then give him room to consider. Many Engineers are sensitive to criticism.

How Engineers **Relate** to Others

Zach would prefer a logical and concise environment. Throwing in too much emotional content will bother Zach.

When Engineers take **Instruction**

When instructing Zach always include the logical reasons why something is being done. Everything needs a reason.

What **Motivates** Engineers

If you push him, be very gentle. Give him a rationale or reason for the goal or planned task.

After Engineers have a big **Setback**

Zach's athlete type is prone to slumps. They often blow setbacks out of proportion and stay upset. After a setback, the coach should talk to Zach and offer logical advice and constructive efforts such as the past does not equal the future.

How Engineers get the most from **Practice**

Zach's athlete type needs help getting organized. He may even enjoy practice more than competition.

Player	Match %
Andrew Apicture	84
Brad Smoken	83
Walter Topper	83
Max Benchpress	82
Payton Money	81
Zack Shack	79
Jason Dush	79
Gerrit Merit	78
Vincent Mehomme	78
John Johnson	78

Team Matching

Players

Alumni

Staff

Player Match with Devon Themon

Player	Match %
Andrew Apicture	84
Brad Smoken	83
Walter Topper	83
Max Benchpress	82
Payton Money	81
Zack Shack	79
Jason Dush	79
Gerrit Merit	78
Vincent Mehomme	78
John Johnson	78

database are most similar to the athlete subject of the report. A match in the mid-80s or higher is considered a close match and you can expect them to have a similar mindset and respond to coaching in a similar manner to the matched individuals.

success (Performance Traits) measured by the TAP are graded as Novice, Competitive, or Elite when compared to their peers, with a link to the athlete's development plan.

MENTAL TOUGHNESS		COACHABILITY		MENTAL EXECUTION	
	Ability to perform well under adversity		Willingness to readily apply coaching from others		Ability to mentally execute accurately and timely
GRIT	NOVICE N	GROWTH MINDSET	NOVICE N	FOCUS SPEED	NOVICE N
MOTIVATIONAL DRIVE	NOVICE N	ATTENTION TO DETAIL	COMPETITIVE 51	DECISIVENESS	NOVICE N
COMPOSURE	ELITE 62	CONVENTIONALITY	COMPETITIVE 50	ADAPTABILITY	NOVICE N
CONFIDENCE	NOVICE N	Coachability Leaderboard ↗		Mental Execution Leaderboard ↗	
Mental Toughness Leaderboard ↗					


WHAT'S NEXT?

Improve your scores and gain a competitive edge by using our "Development Planning" tool.

[DEVELOPMENT PLANNING](#)

NOVICE	DEVELOPMENT NEED - Novice when compared to peers. High likelihood of improved performance if trait is developed.
COMPETITIVE	DEVELOPMENT OPPORTUNITY - Competitive with peers. Likelihood of improved performance if trait is further developed.
ELITE	HONE STRENGTH - Elite when compared to peers. Potential to develop trait into a personal competitive advantage.

<p>Notice when compared to peers. High likelihood of improved performance if trait is developed.</p>		Competitive with peers. Likely performance if trait is fully developed.
<p>GRIT Courage and resolve to persevere through long, difficult situations</p>	<p>TRAINING</p>	<p>ATTENTION TO DETAIL - 50 Natural desire to pay attention to details & complete tasks properly</p>
<p>MOTIVATIONAL DRIVE Intrinsic desire to win and/or achieve success</p>	<p>TRAINING</p>	<p>CONVENTIONALITY - 50 Importance one places on adherence to traditions and rules</p>
<p>CONFIDENCE Self-confidence, assertiveness & belief in one's abilities</p>	<p>TRAINING</p>	



DEVELOPMENT NEEDS

Novice when compared to peers. High likelihood of improved performance if trait is developed.

GRIT
Courage and resolve to persevere through long, difficult situations

TRAINING

MOTIVATIONAL DRIVE
Intrinsic desire to win and/or achieve success

TRAINING

CONFIDENCE
Self-confidence, assertiveness & belief in one's abilities

TRAINING

GROWTH MINDSET
Belief that abilities can be improved through effort

TRAINING

FOCUS SPEED
Ability to quickly and accurately focus


TRAINING

DECISIVENESS
Natural ability and desire to make quick decisions

TRAINING

ADAPTABILITY
Level of openness to try new things

TRAINING



DEVELOPMENT OPPORTUNITIES


Competitive with peers. Likelihood of improved performance if trait is further developed.

ATTENTION TO DETAIL - 51
Natural desire to pay attention to details & complete tasks properly

TRAINING

CONVENTIONALITY - 50
Importance one places on adherence to traditions and rules

TRAINING



HONE STRENGTHS

Elite when compared to peers. Potential to develop trait into a personal competitive advantage.















COMPOSURE - 62
Emotional maturity/stability & maintaining a positive outlook

TRAINING

Prioritizes traits for

development while providing the training link for each trait in the report.

Mindset Indicators translate the Performance Trait scores into expected characteristics and behaviors along with coaching advice and interview questions with desired answers.

Mindset Indicators ▾							
MINDSET INDICATOR LEGEND							
	Positive		Informational		Caution		Warning
Description	Coaching Advice	Interview Questions & Answers					
	SPATIAL	Strong visual reasoning and spatial relations.					
	HELPER	Desires closeness, warmth, affiliation with relationships.					
	STRIVER	Some readiness for change, they are not content, satisfied or complacent. Some yearning for improving/changing.					
	IMAGE CONSCIOUS	Sometimes what image conscious, may use avoidance or have trouble admitting faults.					
	SCATTERED	Loses things, needs help keeping track of time and things, would benefit from structure.					
	NEEDS ROUTINE	May have difficulty with focus, works best with reminders, may do better with strong and consistent routines.					
	THIN SKIN	Thinner skin, trouble rebounding from mistake, may spend too much time on past mistakes and need help looking forward.					
	CAUTIOUS	Careful, may be tentative or overly cautious, timid, hesitant, may need help knowing when to be more decisive.					
	ANALYSIS PARALYSIS	Has a high desire to get it right; may come across unsure, or has a fear of making a mistake. May need help becoming comfortable making mistakes.					
	FIXED MINDSET	Think people are born with a certain degree of physical and mental ability that is almost impossible to improve upon.					

coach-facing analysis and

coach-facing analysis and advice for improving athlete performance in 6 key topics that are applicable to coaches to guide the athlete.

assignments, practice

groups, workout pairings, etc., see which other athletes are most compatible with the athlete being evaluated

Players

▼

Gg

High Compatibility Pairing

Player	Athlete Type
Jason Dush	Eagle
Malik Alolli	Knight
Max Benchpress	Knight
Devon Thernon	Eagle
Gabe Lincoln	Knight

Load All

Medium Compatibility Pairing

Player	Athlete Type
Grayson Wolf	Ice
Hunter Boots	Musketeer
Cam Eron	Engineer
Brad Smoken	Maverick
Jonathan Slimjim	Maverick

Load All

Low Compatibility Pairing

Player	Athlete Type
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