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Video Coach On Demand (VCoD)

Instructional (EQ) vs. Inspirational
Date: Friday June 12th, 2015

Title: Young Athletic Development

Movie Clip: Man on Fire – “Trained or Untrained”

Brain Stress Response – History Channel (learning aide)

Lesson Objective: Using the “chatter” (words & mental pictures) to develop extraordinary performance (execution of a task).

A thirteen-year-old athlete runs the two-mile exercise (on machine) in 12:15 to be best in class at the camp on that day. The development strategy is to teach this thirteen-year-old “self-awareness” and “self-regulation” skills (two different emotional intelligence skill sets). The tool we use is the “chatter” (words & mental pictures).

Two notable observations: #3 – Self Motivation

- *Competitor (friend) walks over to glance at his time*
- *Trainer (D1 Athlete) walks over to ask why his TV is off*

1. **Knowledge:** You must know & understand...
 - a. Development is physical, mental and emotional (building all 3 builds a better athlete)
 - b. Physical exercise has a mental agenda (chatter) and emotional agenda (emotional state)
2. **Skill:** You must develop these skill-sets...
 - a. Self-Awareness – learn to monitor chatter during the exercise; what works better
 - b. Self-Regulation – focusing on specific chatter (mental menu list), builds the skill
3. **Ability:** You must be able to...
 - a. Be aware your chatter directly affects your performance (external stimuli – TV)
 - b. Regulate your chatter with specific words during athletic tasks (exercises, drills)



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4. eWOD: (Emotional Work-Out of the Day)

- a. Write down specific words and mental pictures (mental menu list) of what you will use to regulate during the exercise (knowing the emotional hijack awaits under pressure)
 - EQ applied leadership #1, #2 & #3
- b. Identify a younger person and start talking to them about taking responsibility for the chatter and how to use the gift effectively when it comes to dealing with things out of our control
 - EQ applied leadership #4 & #5



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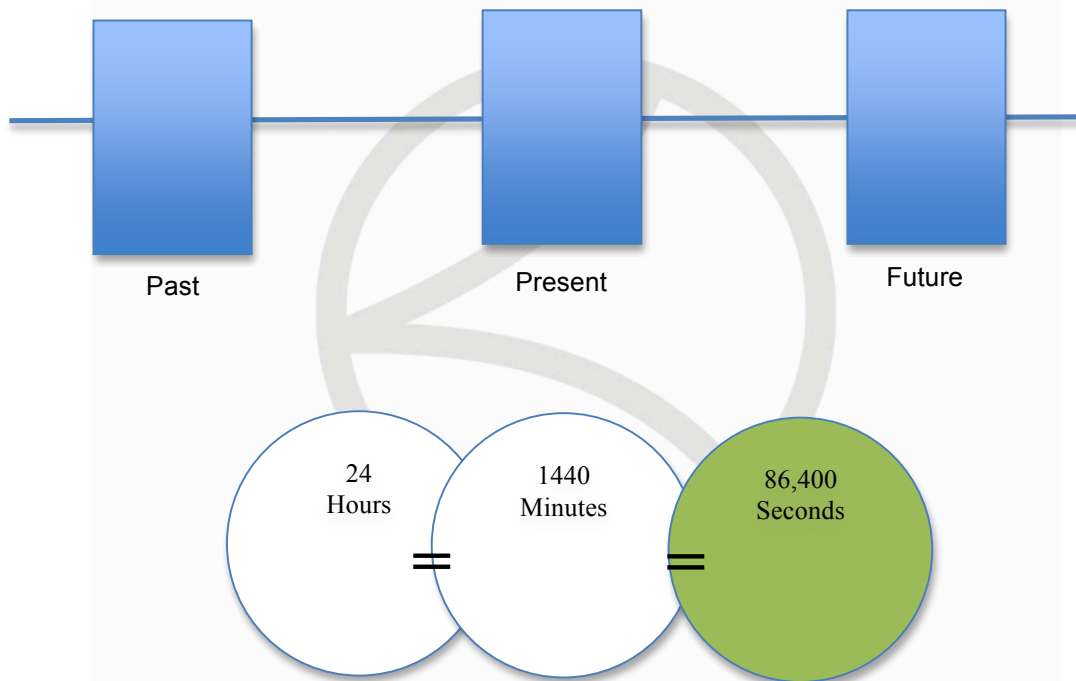
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Six Cylinder Theory

1. **Spiritual** – relationship w/ higher power
2. **Health** – Physical, Mental & Emotional
3. **Family** – Yours, Ours, In-Laws
4. **Career**
 - a. Student (Academics)
 - b. Athlete (_____)
5. **Finances** – income & expense
6. **Social** – serenity, relax

Windows of Self-Concept



T = E = A



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