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Instructional vs. inspirational or motivational
"Teaching skills & abilities"

VCoD: Video Coach On Demand
Exercise: "Performance Gaps"

When to Use:

- Life applications – when personal best is inconsistent, plateau
- Athletic Development - when statistics are "weaker" or less than what has been previously achieved; to improve on a specific statistic

Assignment: Define the Gap

Task: Hitting (baseball)

- Write a short easy describing the task and when you performed at your best
- Reference your personal best stats and compare it to recent stats (current)

LESSON PLAN:

Goal: Developing an effective "habit response" for problem solving during adversity. Developing mature responses ("Metrics" below) and emotional skill sets ("Lesson Plan #2" - below) to promote recovery during an Amygdala High-jack.

Whenever Coach (or personal desire/discipline) requests a "detailed task analysis", one should understand the steps to conducting a proper analysis and the written documentation required. This includes an understanding of how the exercise re-enforces personal development and continual improvement of ones strengths and God given abilities.

Metrics: Maturity metric applications (personal accountability)

- #2 - Seek Understanding (learning)
- #3 - Self-Evaluation (learning)
- #4 - Seeking Unity (within)
- #5 - Desiring Challenges (change)
- #6 - Careful Study & Observation (internal)
- #7 - Active Faith (demonstration)
- #8 - Confident (builds)

* Threat Alert: Each # has a corresponding Immature behavior to stay away from; regulate out of your chatter (see the Maturity Metrics)



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Learning Objectives: KSA of adult learning

1. Knowledge base:

- Corrective actions; how to discover (3D)
- Sub-task; seeking the detail (TA)

2. Skills:

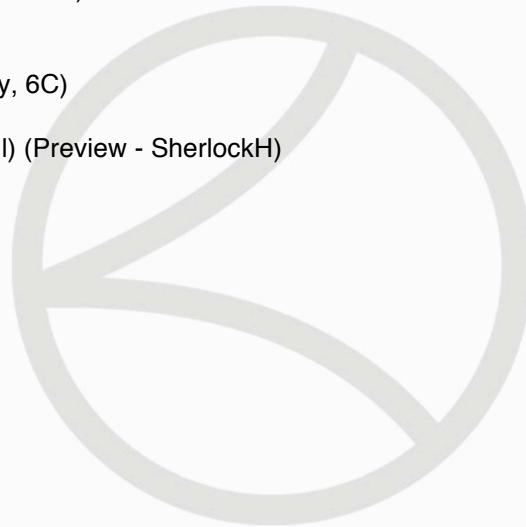
- Self-Awareness (chatter - words & mental pix)
- Self-Regulation (chatter - words & mental pix)

3. Ability:

- Regulate chatter "correctly"; each window (past, present, future)
- Past (corrective action seeking)
- Present (winning, optimism) (TEA application)
- Future (achieving, hope) (TEA application)

Learning Aides: Instructor support

1. FlowChart - MET (Windows, Maturity, 6C)
2. Video - Personal (Skylar's jumps)
3. Video - Movies (Review - Money ball) (Preview - SherlockH)
4. Video - Athletes Brain Documentary



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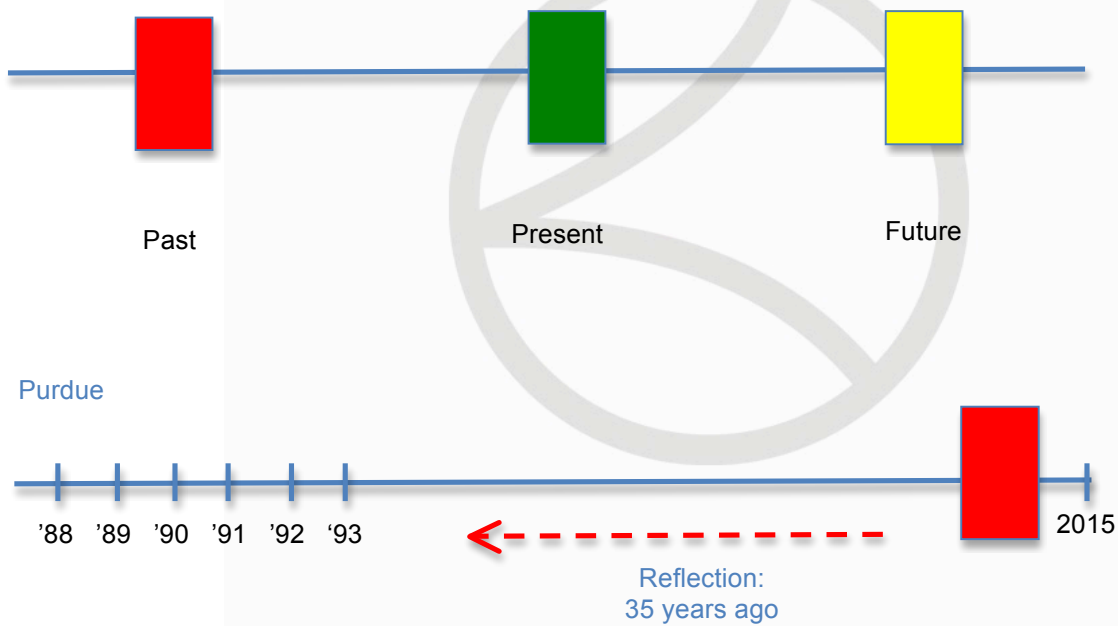
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Six Cylinder Theory

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

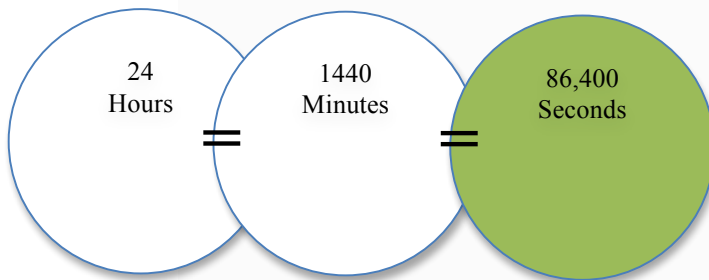
Windows of Self-Concept



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