

Washington Little League District 9
presents

Mastery Approach to Coaching

A Sport Psychology Workshop with
Dr. Frank Smoll
University of Washington

March 1, 2018, 6:45 sign-in, 7:00-8:15 workshop
Lake WA School District Headquarters
16250 NE 74th Street
Redmond Town Center, 98052

How Can Coaches Increase Their Effectiveness?

In answering this question, over 35 years of research has been conducted on coaching behaviors and their effects on young athletes. A sport psychology training program was developed and tested in this research. The program, which is known as the **Mastery Approach to Coaching**, is the *only scientifically validated* coaching-education workshop that has been shown to produce the following outcomes:

- Fosters positive coach-athlete relations
- Increases the amount of fun that athletes experience
- Creates greater team cohesion
- Promotes higher mastery-oriented achievement goals in sports and in school
- Increases athletes' self-esteem
- Reduces performance-destroying anxiety and fear of failure
- Decreases athlete dropout rates from approximately 30% to 5%
- Produces equally positive effects on boys and girls teams

What Does the Mastery Approach to Coaching Include?

During a workshop, coaching guidelines are presented with the aid of animated PowerPoint slides. The principles are included in a printed manual that coaches receive. The **Mastery Approach** emphasizes:

- Creating a learning environment that focuses on skill development, personal and team success, maximum effort, and fun
- Giving high-quality technical instruction
- Providing reinforcement for effort as well as performance
- Decreasing anxiety-producing punitive behaviors

Instruction is given in how to:

- Keep winning in a healthy perspective
- Correct athlete mistakes
- Develop a team-oriented approach to discipline
- Deal with violations of team rules
- Combat fear of failure
- Increase communication skills
- Work cooperatively with parents