

Information for Coaches

Coaching is one of the most demanding professions in the sense that it requires versatility and the ability to incorporate several scientific disciplines – regardless of whether one is working with an individual or a group, junior or professional athletes. Sports federations establish certification standards and require up-to-date knowledge in sciences like physiology, biomechanics, nutrition, motor learning, kinesiology, sports medicine, pedagogy, and sport psychology. Successful coaches, through formal and informal education, acquire knowledge, skill, and experience to improve athletes while helping them reach their full potential. Information effectively incorporated into an athletes' training will ultimately speed up the learning process through continuity in improvements, timing of the best results, and injury and burnout prevention.

It is our objective to help coaches expand their knowledge in competitive sport sciences, particularly in sport psychology. From our coaching, teaching, and consulting experiences, we know that coaches are interested in sport psychology. However, the interest exists only when the information is logical and applicable. At Hourglass Performance Institute® (HPI) we strive to provide coaches with evidence and measurable results used to explain how their athletes acquire, maintain, and implement mental skills. Moreover, our assessment and training protocols offer information on the athletes' mental performance and effects related to execution of taught technical, tactical, and physical skills. Knowing that focus and awareness are important in decision making, which is correlated with performance, it would behoove coaches to know how to monitor these skills. Neglecting to incorporate mental and emotional self-regulation into training for competition (where stress can affect execution) could impact other factors (balance, coordination, timing, and rhythm) required for optimal performance outcomes.

Using HPI services, the mental performance can be assessed and trained individually, as well as within groups, clubs, academies, and other types of training centers. We offer our expertise to existing mental performance or sport psychology programs so that athletes' progress in such programs can be monitored. Additionally, we offer our services online, even when it comes to analyzing one's mental skills during sport performance. Finally, we offer seminars and workshops dealing with numerous topics in the field of sport psychology.

Being a successful coach is an immense task. Is it about winning? Yes, but there is more. Successful coaching is also about teaching athletes how to compete and enjoy the competition by creating skill mastery, autonomy, and cooperation (in team sports). To teach effectively, one needs as much knowledge as possible. In summary, for any coach, learning about HPI services is the crucial first step in understanding how athletes learn mental skills and how this type of training can improve the overall performance outcome.