



**SPORT &
EXERCISE**

High Performance Coaching

British Orienteering Coaching Conference

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Play. Train. Perform.

What is performance coaching?

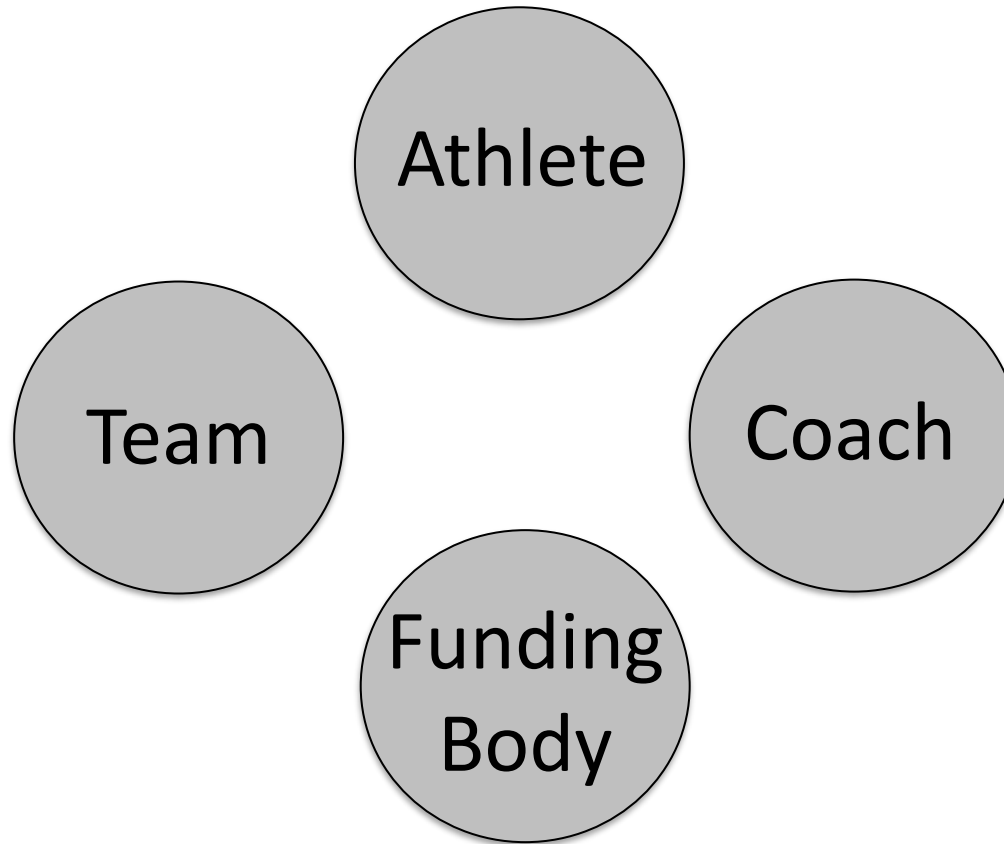
**“IF YOU HAVE A BODY,
YOU ARE AN ATHLETÉ.”**
-BILL BOWERMAN



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Play. Train. Perform.

Invested Shareholders



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Athlete Centred Coaching

The four cornerstones

- Happy
- Healthy
- Enjoying their training
- Excited by racing

Success will follow



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Role of a Performance Coach

- Physical
- Technical
- Tactical
- Mental
- Lifestyle
- Pastoral



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Know your limits

Work within a larger team

- Strength & conditioning coaches
- Physiotherapist
- Mental skills coach
- Athlete lifestyle advisor

It's ok to not have the answer



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Effective Coaching

- Clearly defined goals
- Regular communication
- Trust, respect, honesty
- Growth mind-set



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High Performance Coaching

Any questions?



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