Motivating the 21st Century Athlete
The First Dimension: Scientific Materialism

The Second Dimension: Dualism: Motivation
The Second Dimension: Dualism: Confidence
The Second Dimension: Dualism: Intensity
The Second Dimension: Dualism: Focus
The Second Dimension: Dualism: Emotions
The Second Dimension: Dualism: Imagery
The Second Dimension: Dualism: Goal Setting
The Second Dimension: Dualism: Team Cohesion

The Third Dimension: Holism: From Success to Significance
The Third Dimension: Holism: Coaching From the Inside-Out – Part 1
The Third Dimension: Holism: Coaching From the Inside-Out – Part 2
The Third Dimension: Holism: Nature of Play
The Third Dimension: Holism: Winning
Motivating the 21st Century Athlete

Are you Teachable?

The “3 P’s”

The Coach’s Job

The Player’s Job

Inside-Out Coaching

The Coach’s Pyramid
The First Dimension: Scientific Materialism

Strength
Power
Cardiovascular
Speed
Quickness
Technique
Repetition
Tactics
The Second Dimension: Dualism: Motivation

Pursue & Persist
5 Evidences
Intrinsic vs. Extrinsic
Leader Modeling
Peer Modeling
Self Modeling
Defining
Obtaining
Internal Attribution
External Attribution
Global Attribution
Stable Attribution
The Second Dimension: Dualism: Intensity

Defining Qualities The Affect Performance Positive Perceptions Negative Perceptions The IZOF Intensity Control Strategies Causes of Over Intensity Causes of Under Intensity
Defining "Balloon Theory"
Skill Acquisition
Automated Performance
Mindfulness
Process Focus
Perceptual Narrowing
Relevant Cues
Reset Procedures
The Second Dimension: Dualism: Emotions

Defining
Pleasant vs. Unpleasant
Helpful vs. Harmful
Pleasant-Helpful
Pleasant-Harmful
Unpleasant-Helpful
Unpleasant-Harmful
Gaining Emotional Mastery
The Second Dimension: Dualism: Imagery

Defining Symbolic Learning
Psychoneuromuscular Feedback
The Second Dimension: Dualism: Goal Setting

- Defining
- Outcome Goals
- Performance Goals
- Process Goals
- Why Goals Work
- Goal Evaluation
Defining
Group / Individual
Task / Social
Group-Task
Group-Social
Individual-Task
Individual-Social
What Really Matters?
Meaningful Relationships
  Identity
  Intimacy
  Industry
Masculinity
Femininity
The Third Dimension: Holism: Nature of Play

Defining “Fun”
Work vs. Play
Growing a Playground
The Third Dimension: Holism: Winning

Defining “Winning”
Connecting the Dots...
...Physical
...Mental
...Spiritual
...Play
...Competition
...Self