



2020 NSCA COACHES CONFERENCE & LIVESTREAM



#Coaches20

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

SHARPENING THE MENTAL EDGE

The Use of Sport Psychology Techniques in Strength and Conditioning

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Coaches will be able to:

- Understand the frequencies of coaching mental skills in current strength and conditioning settings.
- Explore the obstacles and barriers toward applying sport psychology techniques in the weight room.
- Identify beneficial sport psychology strategies for strength and conditioning coaches to use with their athletes.



**THANK
YOU!**

The Use of Psychological Skills in Collegiate Strength and Conditioning

★ **$N = 1,117$** ★

What is the role of the S/C coach?

THE ART OF THE GET BACK COACH





They're many ways to get to the same destination in training. The same goes for motivating athletes & ive done it all. The terribly bad to the very sound. We can get the job done & still look professional to the outside world. THAT's THE POINT

12:47 PM · Dec 13, 2019 · [Twitter for iPhone](#)

Strength Coach: The two words that terrify every college football player

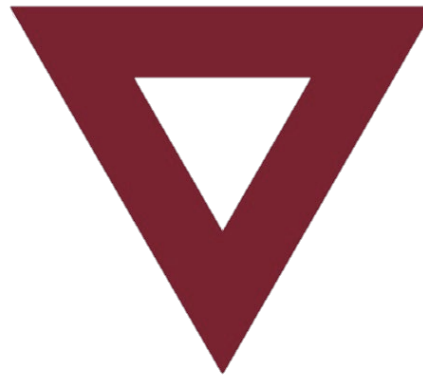
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Performance Potential Gap

Where they
are now

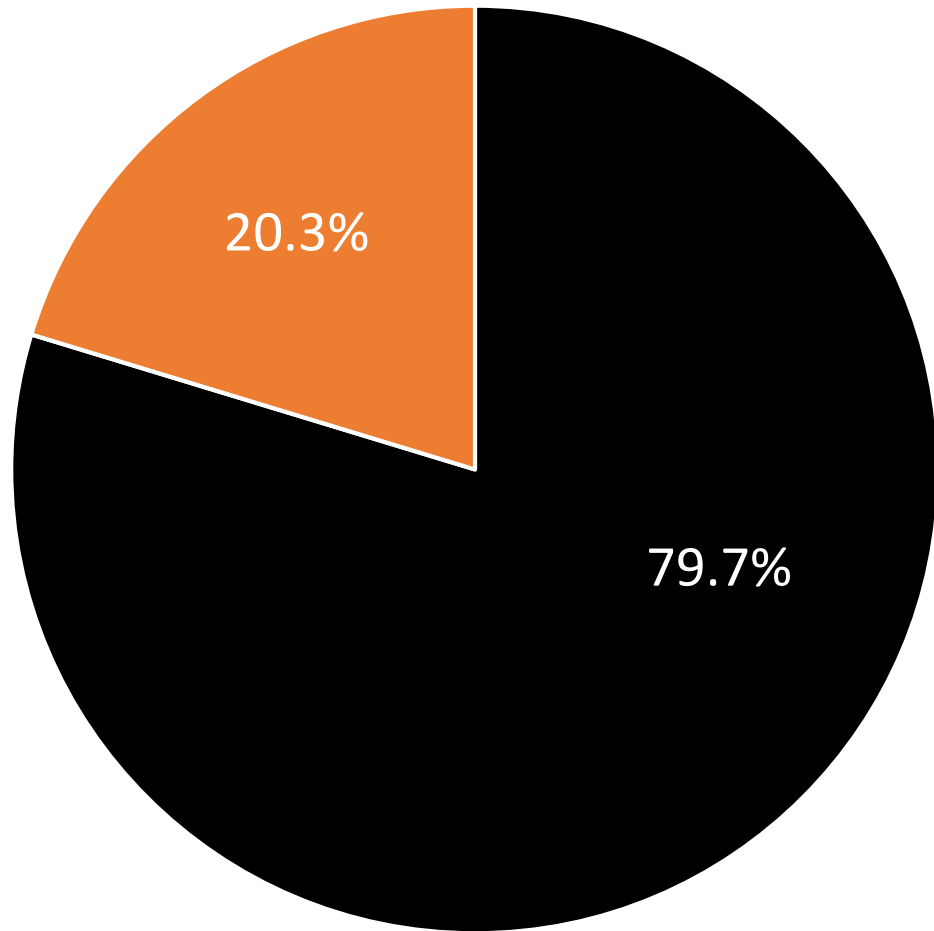
Where they
can be



What is the role of the S/C coach?

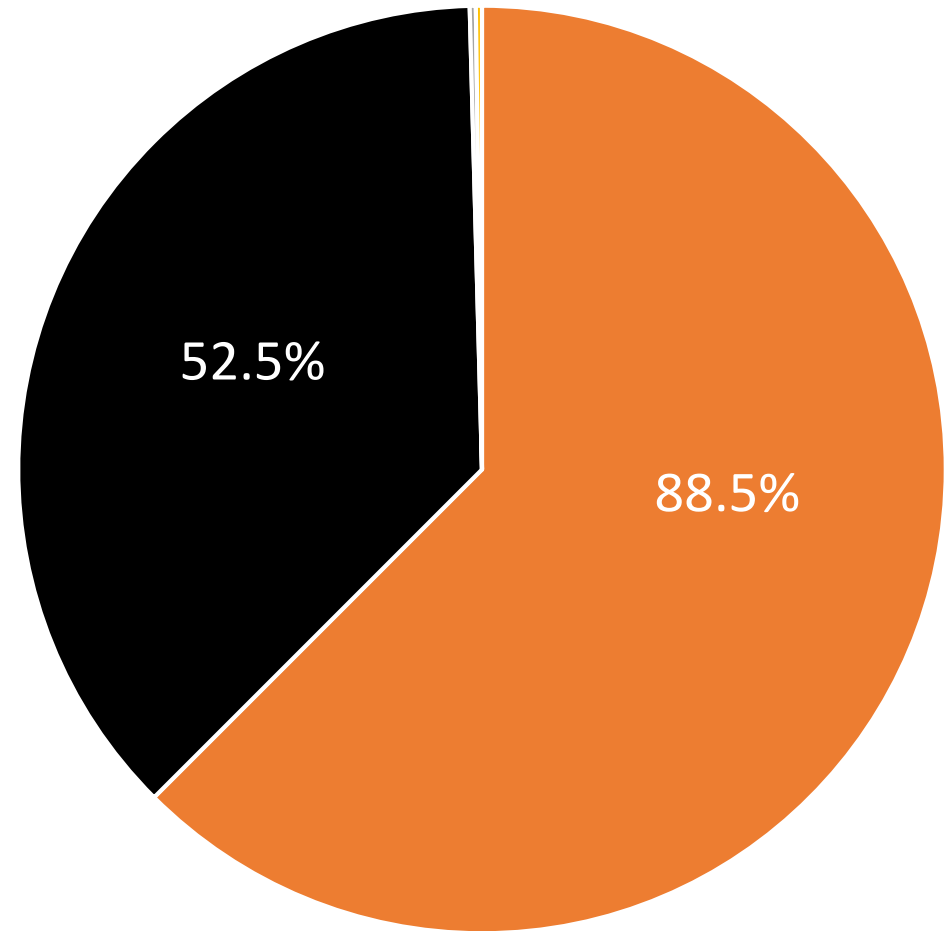
- *Trains and coach athletes in proper strength training and conditioning methods (NSCA, 2017).*
- *Provide social, emotional, and physical support (Brooks, Ziatz, Johnson, & Holder, 2000; Radcliffe, Comfort, & Fawcett, 2016).*
- *To optimally prepare athletes for enhanced performance, the inclusion of sport psychology or mental skills training within strength and conditioning settings would be beneficial (Mellalieu & Shearer, 2012; Radcliffe et al., 2013, 2015, 2016, 2018).*

Gender



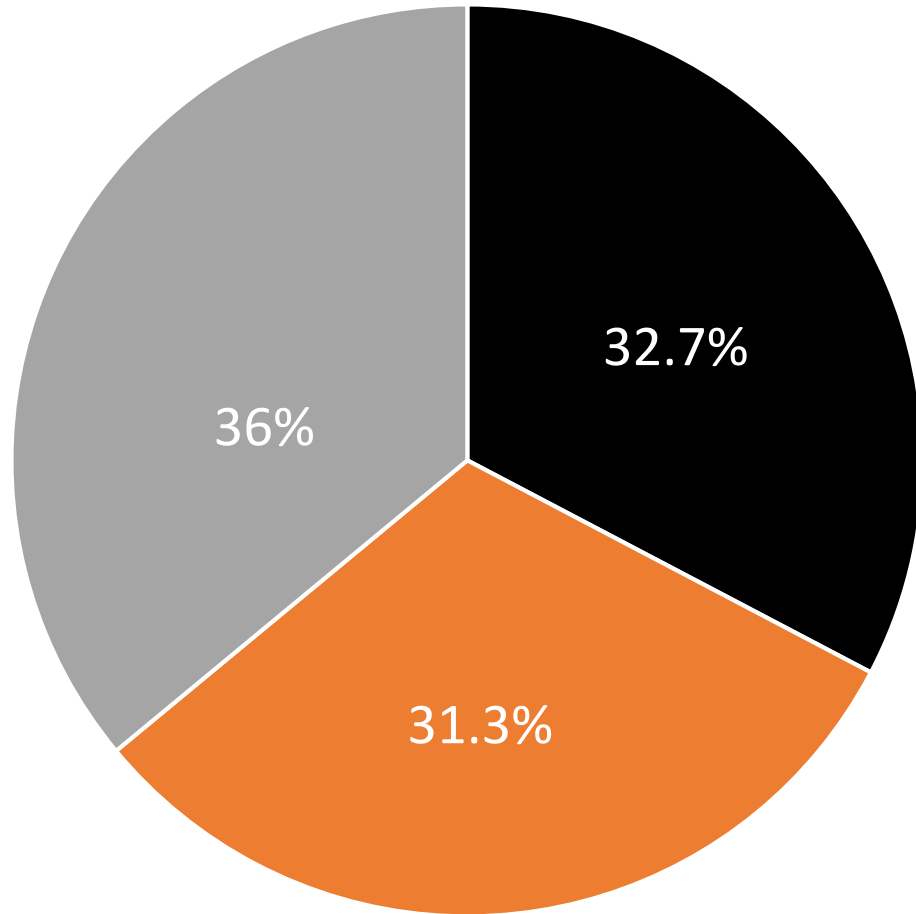
■ Male ■ Female

Certifying NGB



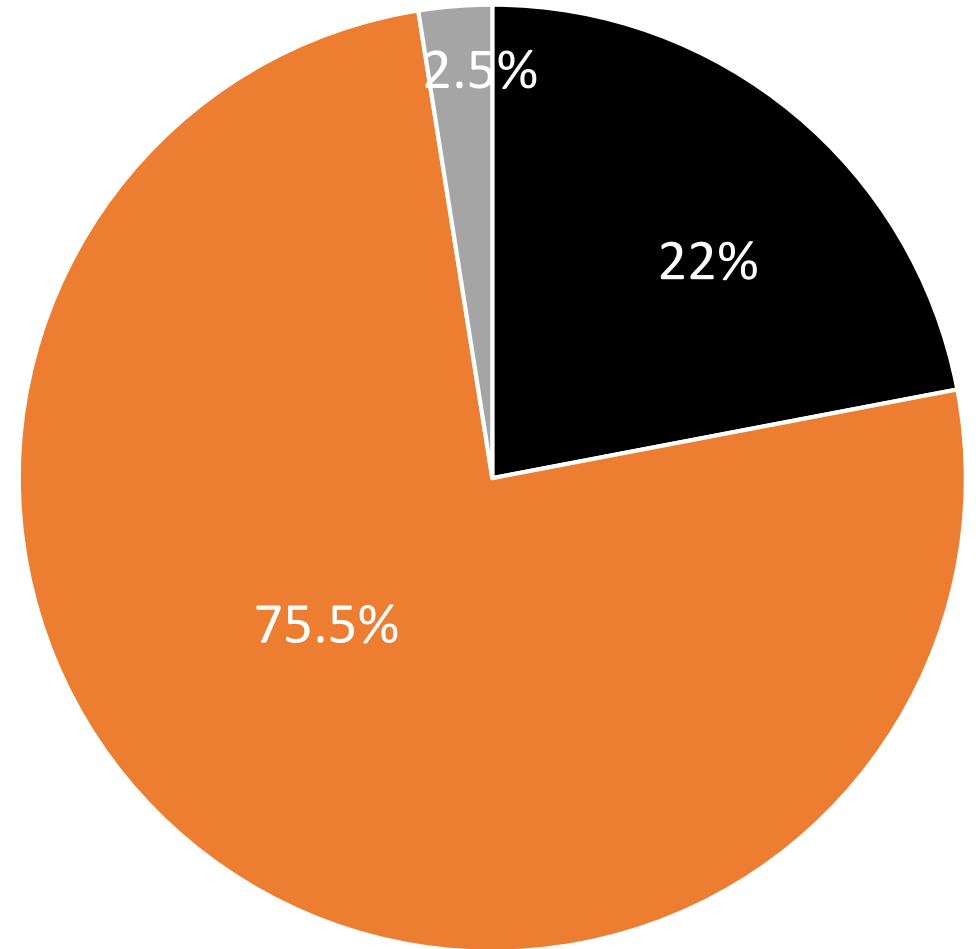
■ NSCA ■ CSCCA ■ UKSCA ■ ASCA

Years of Experience



■ 0-4 years ■ 5-9 years ■ 10+ years

Education Level



■ Bachelor's Degree ■ Master's Degree ■ Doctoral Degree

What are psychological skills?

What are psychological skills?

- *Qualities that can directly influence athletic performance, including the ability of an athlete to maintain high levels of motivation, remain confident, maintain focus, or manage the effects of anxiety during performance (Mellalieu & Shearer, 2012).*
- *The use of psychological skills can help an athlete achieve his or her potential on a more consistent basis with the support of a coach (Statler & Dubois, 2016).*
- *Strength and conditioning coaches are in an optimal position to use sport psychology techniques to enhance the training and performance of athletes, (Ford & Gordon, 1998; Maniar et al., 2001; Radcliffe, Comfort & Fawcett, 2013).*

Defining psychological skills

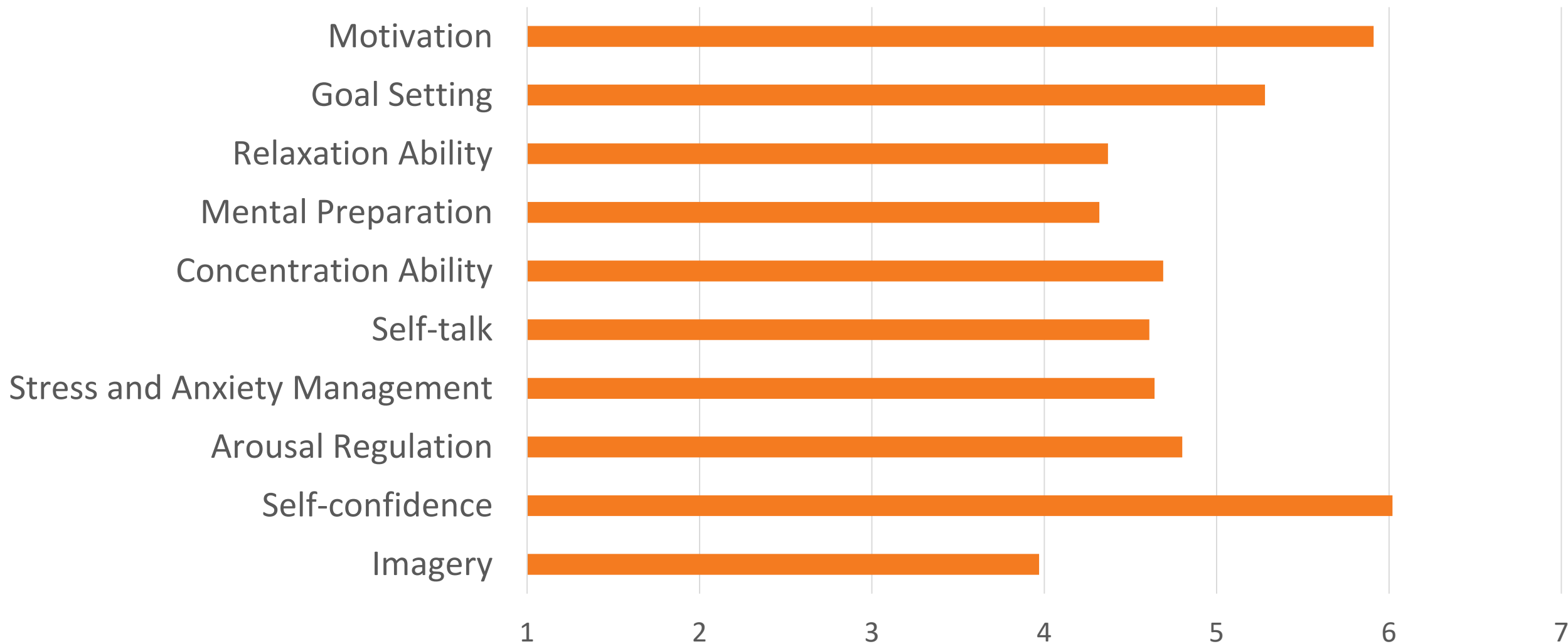
- *Motivation*
 - Enhancing the psychological factors that energize, direct, and regulate the behaviors of athletes
- *Goal Setting*
 - Teaching athletes how to set goals that provide direction and enhance motivation towards achieving a specific objective
- *Relaxation Ability*
 - Teaching athletes skills to help them attain physical relaxation prior to, during, or after the execution of a skill
- *Mental Preparation*
 - The use of non-physical processes to prepare athletes for the execution of a skill
- *Concentration Ability*
 - Helping athletes focus on relevant information during competition and to control their thoughts

Defining psychological skills

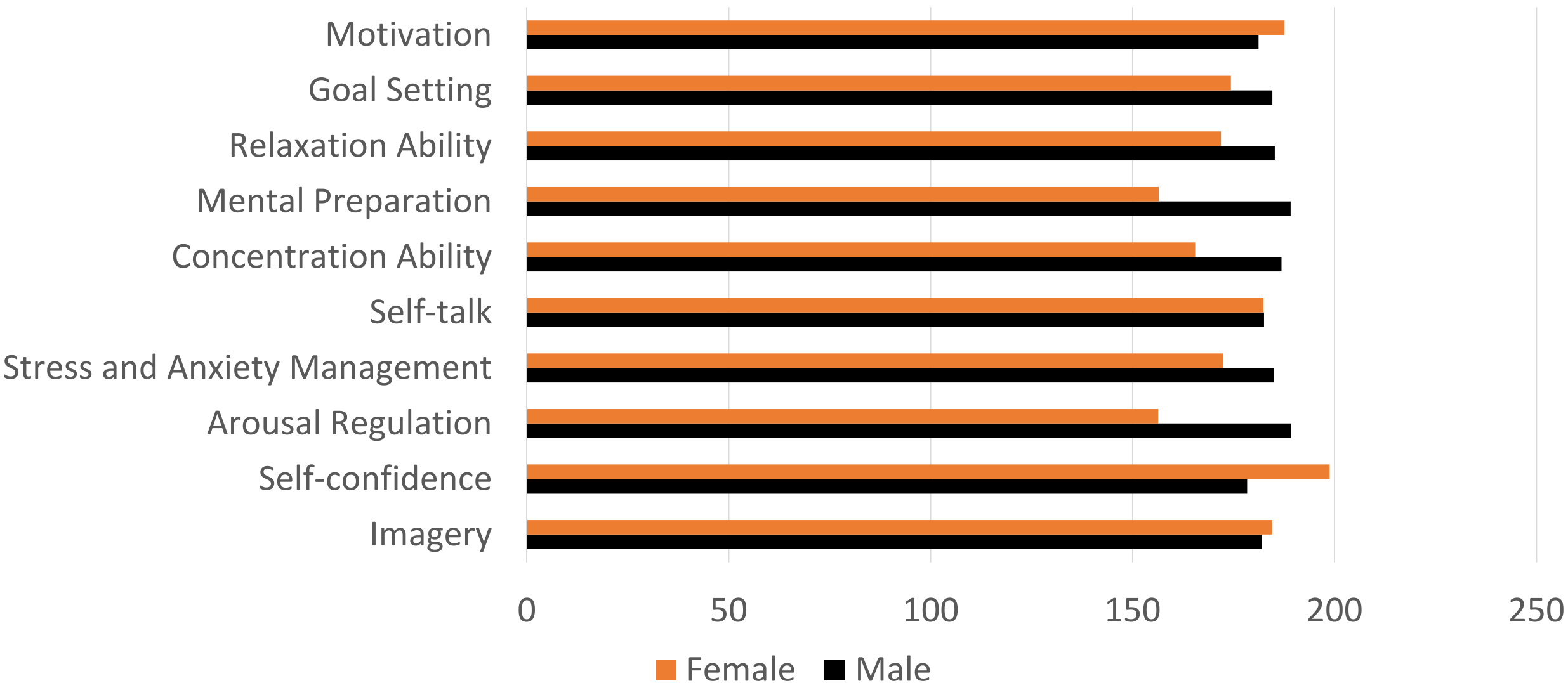
- *Self-talk*
 - Self-statements or an inner dialogue that athletes might use for motivation, and/or technical instruction
- *Stress and Anxiety Management*
 - The use of physical or non-physical processes that help athletes deal with stress
- *Arousal Regulation*
 - The deliberate use of strategies to help athletes to reduce or elevate arousal for optimal performance
- *Self-confidence*
 - Helping athletes believe they are competent and can succeed in a particular task
- *Imagery*
 - The use of all the senses to recreate or create an experience in the mind

How are we using them?

Frequency of use of psychological skills

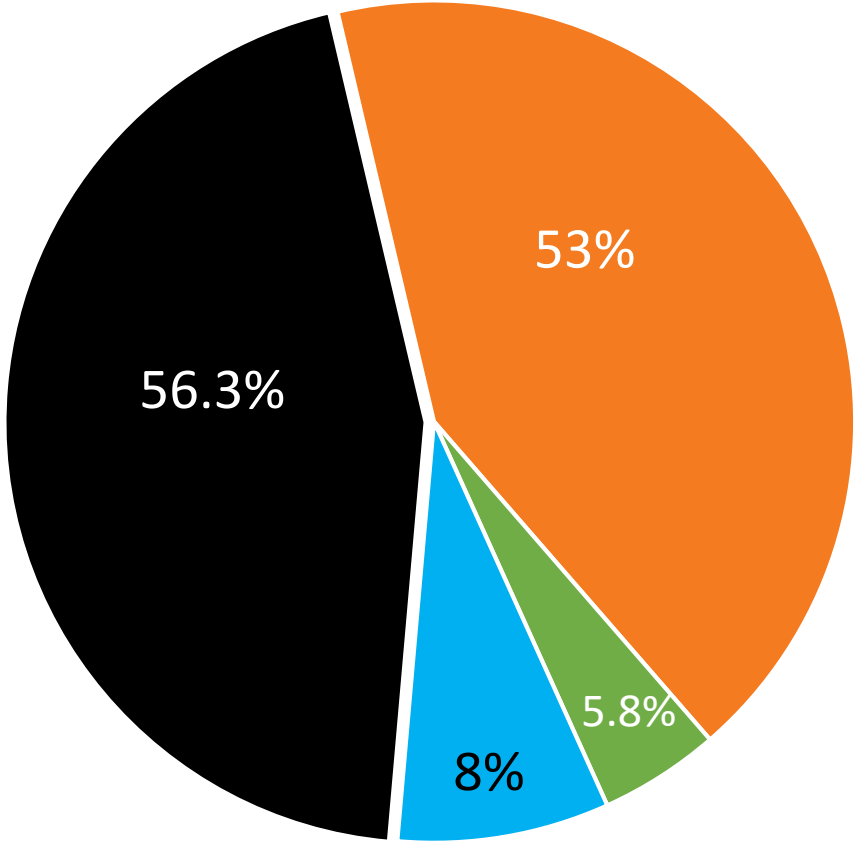


Differences between male and female coaches



Possible limitations

- Lack of knowledge or formal training
- Lack of time
- Lack of relevance to physical performance
- Other



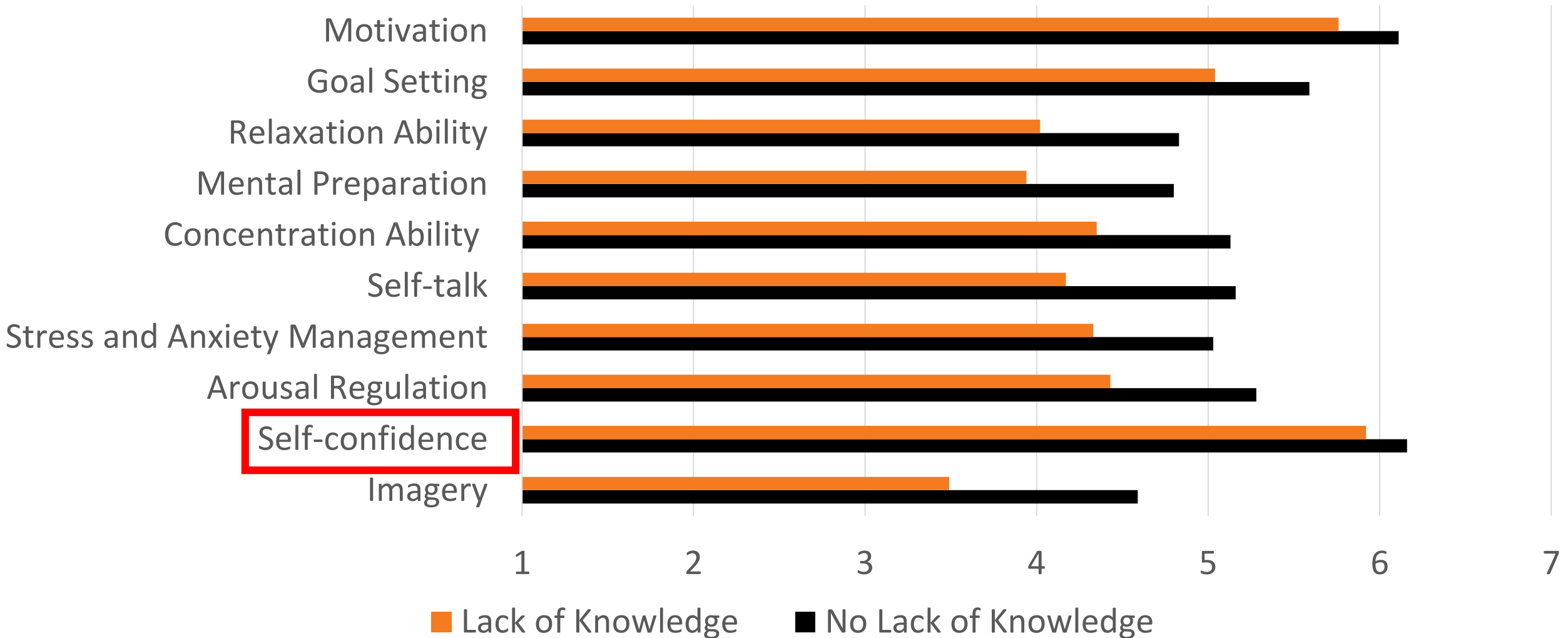
Other limitations

- *Outside scope of practice?*
- *Lack of buy-in*
- *Lack of support*
- *Someone else's job*

“The sports coaches have too much influence, if we don't accommodate to their ‘beliefs’ we are out of a job.”

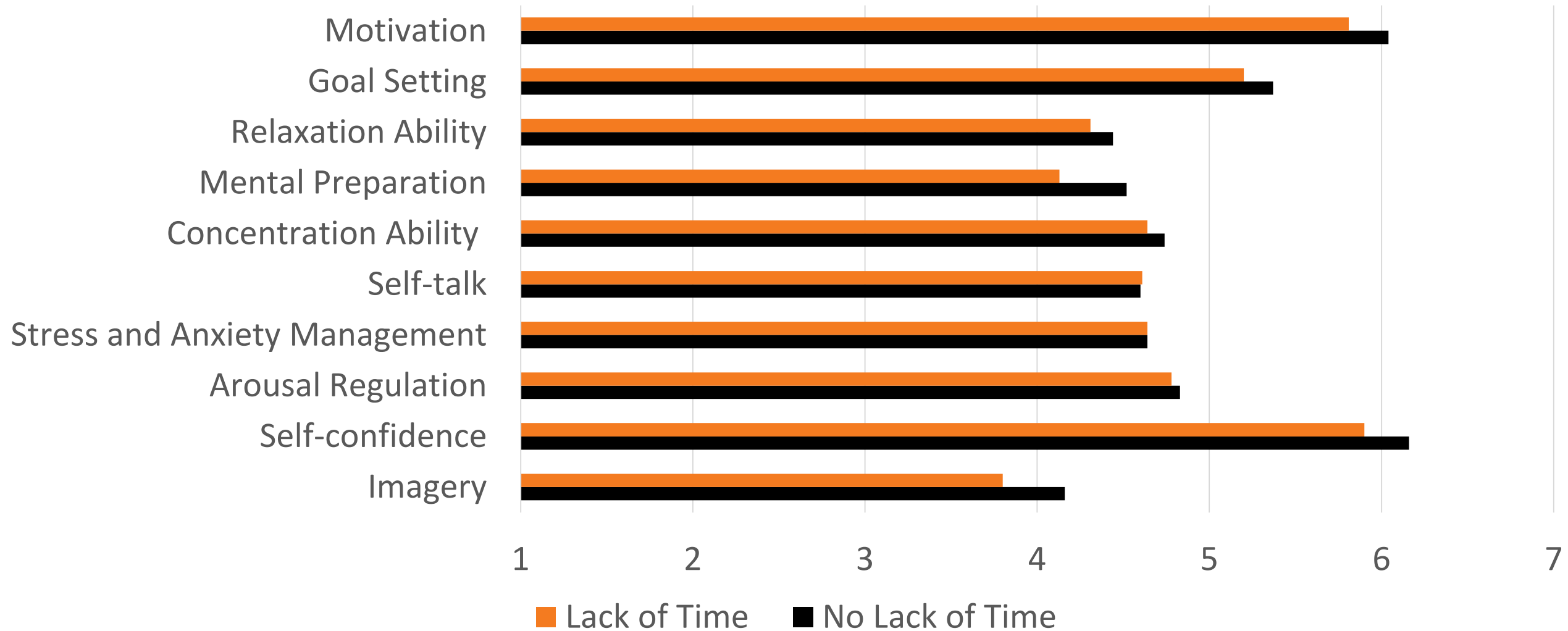
Was lack of knowledge a limitation?

YES

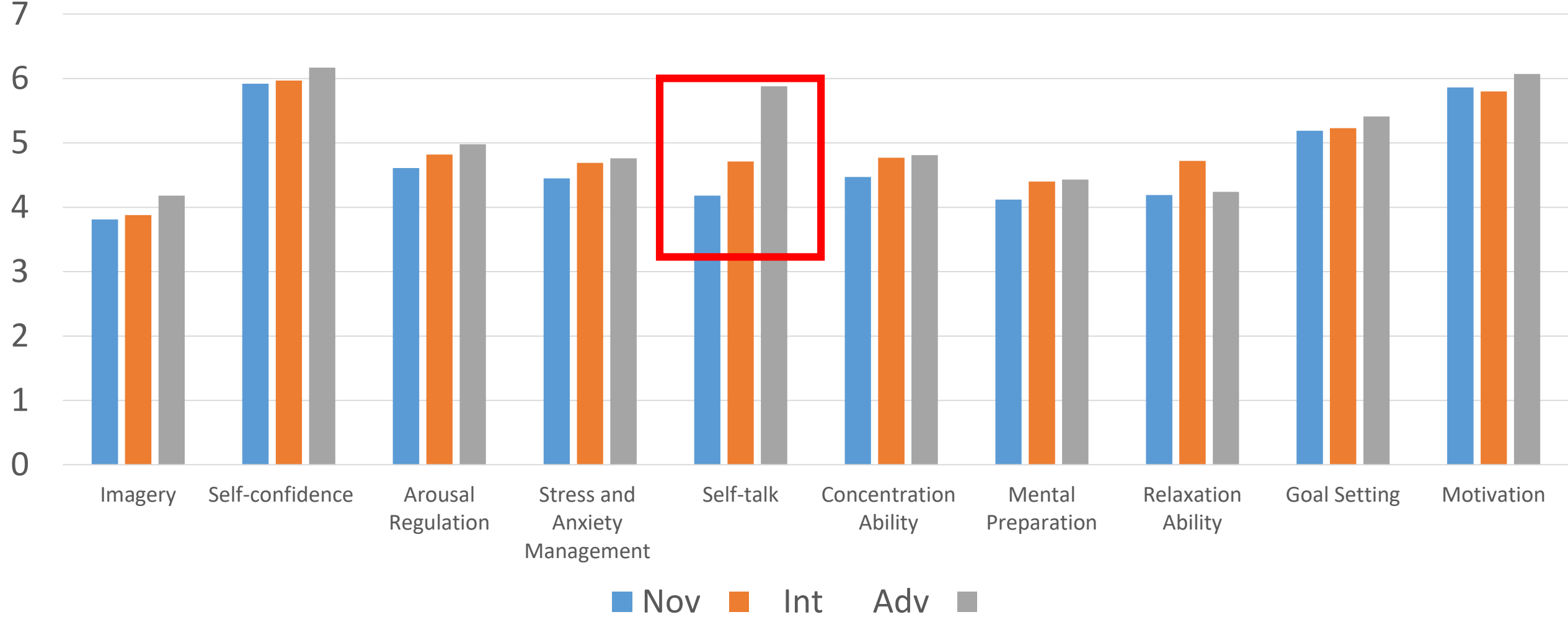


Was lack of time a limitation?

NO



Was there a difference between coaching years?



Practical applications

Practical applications

- *Motivation*
- *Goal Setting*
- *Relaxation Ability*
- *Mental Preparation*
- *Concentration Ability*
- *Self-talk*
- *Stress and Anxiety Management*
- *Arousal Regulation*
- *Self-confidence*
- *Imagery*

Future research

Future research

- How and why are psychological skills being used in collegiate strength and conditioning?
- Is there a difference between Divisions or football versus Olympic sport staffs?
- What does sport psychology professional development look like for the college strength and conditioning coach?

THANK YOU!



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1:00 PM - 1:50 PM –
Career Connections

**Coaching Consultant
and Collegiate
Performance
Manager**