



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCAGoaches22

CONFLICT OF INTEREST STATEMENT

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

Modeling Mindful Movement Skill for Coaches

How can we get our athletes to be more focused through their movements?

- Cueing
- Connecting to the present moment
- Introducing and building mindfulness
- Know your audience

CUEING

- Keep the cueing to 3 MOST IMPORTANT corrections, don't sweat the small stuff (don't flood their heads with too much info!)
- Internal Cueing- what is going on within the body (ex: hinge at your hips, pull your belly button towards your spine, rotate your tailbone to your belly button, etc.)
- External Cueing- using the environment around you (ex: push your hips to the front of the room, reach your fingertips to the back wall, etc.)

CUEING CONT.

- Physical Cueing- touch gently to create awareness
- Visual Cueing- demonstration

(Note- No need to go 100% on demonstration. It's not a one-person Broadway play! If you're more mobile or flexible for most, it's not your time to show off. Your athletes will get discouraged and judge themselves based off of how you are)

CONNECT TO THE PRESENT MOMENT

- Use the breath to connect to our movement
- Build awareness to our environment
(ex: meditation, barefoot mindfulness walks on the field)
- How can we get “locked-in” when the time calls for it?
(auto-pilot/trust with skills vs. “going through the motions”/mindless movement)

KNOW YOUR AUDIENCE

- Does your mobility work meet your athletes' needs?
- Does your mobility work make sense for the time of season you are in?
- Does your mobility work conflict or compliment the current volume of work?

Questions?

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THANK YOU!!!

The NSCA Texas Rangers Baseball Organization