

COACHING NOTES FROM COACHING CULTURE

EPISODE 78 LEISURE VS. PERFORMANCE ATHLETE WITH MARK BENNETT



Performance: Not doing what you want to do, doing what you need to do to the best of your ability to achieve what you have said is your desired outcome.

Leisure: Only do the stuff they like when nobody is watching. When someone is watching them they will do the things expected of them. Still pursues excellence in the practice.

Level of talent and level of play do not matter. Could be a novice or an experienced player.

Steps

1. Assess: Scan, observe, and determine which of your players are leisure and which are performance.
2. Ask: Where do you want to go with your sport? What do you need be to good at to get there? What do you need to do to get there?
3. Self-Assess: So let's look at what it takes and your current behaviors. Do you need to change your goals or do you need to change your behaviors?
4. Reflect: Can you share with me what the difference is in the behaviors? What support do you need from me and the other players, when you fall back into the same old behaviors?
5. Share: Consider sharing with your team that you are asking for them to hold them accountable to a higher standard.

It's okay to be leisure.

Line Activity

Who wants to be a great team?

What are the things you need to do to be a great team?

Who wants to do those things to be a great team?

Who is doing those things day in and day out?

Lets discuss what we need to do differently to all-step over that line.

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When you have a mix between performance and leisure:

Ask leisure: What can we do to help performance athletes and still enjoy our experience? We don't want to hold anybody back.

Ask performance: What can we do to help the leisure athletes enjoy their experience and not hold ourselves back?

Leisure still pursues excellence in the practice.

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