



Domains of the Athletic Program

- Health & Wellness
 - Nutrition
- Motor Skill development
- Fitness and Conditioning
- Skiing Skills
 - Technical
 - Tactical
- Competition Skills
 - Strategic thinking



Coaching Mental Strength

- Importance of the mental game
- The coaches role
- Designing a mental skills program



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U.S. Ski Team Paradox

- Of the very best performers in your sport, how important do you think mental skills are in contributing to their success?
– 9.6
- How important are mental skills for you in your personal training program?
– 8.4



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Coaches Job To Be a Mental Strength Trainer

- Your club's Mission Statement
- Coaches are role models
- Coaches have a profound influence on the athletes' psyche
- Coaches can teach mental skills and tools

"Your athletes won't become what you want them to be – they will become what you are!" Jon Hammermeister



Objectives of Mental Strength Training

- Getting the body ready is not enough
- Add a mental element to every training set, every skill practice routine, every fitness activity
 - Track volume, intensity, frequency and a mental factor
- Normalize mental strength training
- Have a plan and do things on purpose



USSA Philosophy

- Integration in overall program
- Coach-athlete partnership
- Skills & tools
- Practical application



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Recap

- Coach's job to train mental skills
- Tools vs. skills concept to develop competency
- Four-step process to master skills
- It is a regular part of the training program



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