

# Coach & Facilitator Guide

How can you utilize the Athlete's Edge Journal to improve your team? ***SIMPLE.***

This guide breaks down the methods in which a coach can effectively utilize aspects of the journal with their athletes. It is crucial to review the daily journal pages as well as the Game Notes with athletes to log pivotal conversations. Coaches should meet with athletes weekly to break down journal entries.

- Short Term Goals
  - Coaches will review the athlete's short term goals on a weekly basis. They will ensure the goals are specific, measurable, achievable, relevant, and time bound. Moreover, coaches and athletes will look at the percentage rate the athlete is completing their short term goals. Any noteworthy discussions should be logged in the Game Notes.
- Daily Accomplishments & Milestones
  - Coaches will review the athlete's daily accomplishments on a weekly basis. It is important to celebrate the small victories. Coaches should inquire about the mindset and emotions that were associated with achieving daily accomplishments. Any noteworthy discussions should be logged in the Game Notes.
- Obstacles
  - Coaches will ask about obstacles that prevent athletes from achieving goals on a weekly basis. These conversations should be transparent in nature. Coaches will need to be intentional about helping athletes learn from their defeats. Encourage positive self talk, reflection, and present scenarios so athletes know how to do better next time. Any noteworthy discussions should be logged in the Game Notes.
- Ultimate Goal & Visualizations
  - Coaches will be responsible for reinforcing an athlete's ultimate goal during each meeting. It is their job to not let athletes lose sight of the long term objective. Remember to discuss the daily visualizations and make sure the athlete is using vivid imagery to picture ultimate goal achievement. Any noteworthy discussions should be logged in the Game Notes.
- Journal Challenges
  - Coaches will inquire about the journal challenges that presented themselves weekly. Challenges keep athletes connected with their family, friends, and greatest fans. It is important for the coach to help athletes strengthen their support system while getting outside of their comfort zone. Coaches should make sure journal challenges are boosting an athlete's confidence and self worth. Any noteworthy discussions should be logged in the Game Notes.

# #WINTHEMENTALGAME