



If you would like to submit a question or topic to be covered in [Coach's Corner](#), reply to this email with your question and be on the lookout for it next week!

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Today's Topic

In our very first edition of the Coach's Corner we want to take a look at the history of Sport Psychology and why it can be so beneficial to coaches of all levels.

Sport Psychology is something that is pretty foreign to a lot of people in the sporting world, even though it has been around for quite a while.

All the way back in the 1920's [Coleman Griffith](#) (aka: the Father of Sport Psychology) started doing research at the University of Illinois trying to figure out what roles our mental state and

mindset played in our physical performance on the field. Within the next decade, Griffith was hired by the Chicago Cubs as the first sport psychologist to officially work in professional sports. And this was the start of a long and difficult road for sport psychology in the main stream.

Throughout the mid 1900's we didn't hear a whole lot about sport psychology, that is until the 1980's when the [Association for Applied Sport Psychology](#) was formed to give a little more stability and credibility to the field.

From here, courses and entire programs started to be offered at Colleges and Universities around the globe. And as education in the field grew, so did it's implementation.

Over the past 3 decades we have seen a massive surge of Sport Psychology and Mental Skills Coaching making it's way into all of the sports that we know and love.

Today, we see Sport Psychology utilized at all levels of sport, from Olympic and professional levels, all the way down to high school and youth athletics.

Sport Psychology is one of those things that may never be entirely accepted by coaches, players, and executives in all sports. But the ones who have accepted and implemented a psychology aspect into their work, speak very highly of the results they have seen.

Sport Psychology (*or Mental Skills Training as it's often referred to*) is very similar to physical training, like strength and conditioning or learning a new skill for your sport. It is an array of skills and techniques that can help players and coaches perform at their best without the worry of their 'head' getting in the way.

This field can be very intimidating to enter because it covers so many different topics and most of them are things that can't be judged or measured through physical tests. Most of it takes place in those six inches between the ears.

Some of the major topics and skills I like to talk about and teach include:

- Motivation
- Focus
- Well-Being
- Visualization
- Resiliency
- Mindfulness
- Physical Training
- plus about 100 others

Every week, we will take a deeper dive into one of these topics and figure out how a coach, regardless of sport or level of competition, can apply them to their athletes. Which takes us perfectly into our next section...

How Can I Apply This?

As we discussed earlier, Sport Psychology can have a tough barrier to entry...

So how do we get around that and begin using it in our daily practices and games?

Now I wish this was a short, clean-cut answer, but sadly it's not. However, I think the best piece of advice I can give any coach looking to use these topics is to start by taking a look inward.

WHO am I as a coach or mentor?

WHAT do I get from coaching?

WHEN can I make the biggest impact on my athletes?

WHERE can I fit these things into my coaching?

HOW do my athletes look at me?

and...

WHY DO I COACH?

By answering these questions and the many others that pop up during your 'self exploration' you are giving yourself a much more complete understanding of what coaching is and what it means to you.

Every coach out there got into the field for a different reason, but many of them are heavily driven by wanting to help others and make an impact on a younger generation of athletes.

Well, if we want to help someone else, don't we want to do it to the best of our abilities?

By learning some of these Mental Skills and Sport Psychology topics we are arming ourselves, as coaches, with the best tools possible to get the most out of our players and helping them develop into the best versions of themselves.

One of the greatest skills a coach can have is the ability to never stop learning and evolving. The moment a coach stops trying to improve their craft, they begin to decline. So over time you will learn what topics and skills resonate the most with you and your athletes and you will begin to form your own strategies and understandings of psychology (which is a great thing!)

So even though some of these topics can be a little foreign or maybe a little intimidating, I highly encourage you to give them a chance, allow yourself to fail, and enjoy the process. Because how are we supposed to know if these topics are even worth a 's***' if we never try?

Remember, if you have a topic or question that is specific to you or your team that you want discussed in an edition of the Coach's Corner, reply to this email and be on the lookout for it in the future!

This Week In Sports

1. This week kicked off the NCAA Football Season.

Football season is something I look forward to every year and weirdly enough, for those who don't know me, I am a West Virginia Mountaineers fan and it really sucked to watch them lose to Maryland on Saturday, but I guess I'll get over it. Regardless of how bad the Mountaineers may be this year, it feels great to have football back in my life.

2. Vladimir Guerrero Jr. is making a quiet chase toward the American League Triple Crown

(Leader in Batting Average, Homeruns, and RBI's)

Guerrero is currently in:

1st place in AVG. at .319

3rd place in HR at 40 (3 out of 1st)

4th place in RBI at 98 (5 out of 1st)

Oh, and he leads the league in hits with 162...

The [AL triple Crown](#) has only been won 8 times EVER! And only once since the 1960's... So yeah, this is kind of a big deal.

Other Sport Psych Resources

1. One of the best articles I read this week..

A video surfaced last week of former NFL Quarterback and current High School Football Coach, Trent Dilfer, losing it on the sideline of a game and getting physical with one of his own players. This stirred a lot of conversation online about whether Dilfer was in the wrong or not.

This article takes a great viewpoint on the whole situation and discusses some of the problems we see in player-coach relationships today. As discussed throughout the article: No matter the sport or the situation, a coach's top priority should be players' safety and well-being. And in this scenario, that point was overlooked and we were able to see the consequences play out on camera. Hopefully this video and article are able to open the eyes of other coaches and get everyone back on the same page of always keeping our athlete's as our top priority.

[Read the full article HERE..](#)

2. Here is a great video from one of the best sport psychologists out there, [Justin Su'a](#), of the Tampa Bay Rays.

In this video Justin tells some great stories about the importance of taking control of your own progress. Whether that be an athlete overcoming an injury, or a program digging themselves out of the depths and shocking the world with their newfound successes.

His big take-home message here is the importance of stacking one small win on top of the next and building that momentum to propel you toward your next goal.

The power to build your own momentum is an invaluable skill for both athletes and coaches alike.

[Watch the full video HERE..](#)

Quick Quote

"The biggest thing for me is just to go out there and win. If it's 300 yards, 100 yards, whatever it takes to get a win is the biggest thing."

-Patrick Mahomes II



Thank you for reading and until next week, remember:

Today is a great day to change a life!

Cheers,

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