

GSM International Coaching Education Articles for Developing Your Players

Your Coaching Guide to Winning at the Motivation Game

INTRODUCTION

Most great teams that are consistent winners have it, everyone else wants it. What is it? It's **Motivation** and it is the critical ingredient to success both in and out of the soccer field. It's the one element that will allow you to get back up after some failures and still achieve your goals. Follow these guidelines and strategies to help develop winning motivation for your team and players success.

STEP ONE

MOTIVATION IS ABOUT SHARED RESPONSIBILITY

It is not just up to the coach to motivate your players. They must have some spark of motivation coming from within themselves. Get them to believe in what you're doing. Remember you can't always motivate players to do something unless they want it just as bad as you. Everyone on your team must take person and team responsibilities to move upward and forward.

STEP TWO

MOTIVATION IS ABOUT HAVING A DIRECTION AND THE COACH MUST GIVE THIS DIRECTION

Is every one of your player going to be able to be motivated? The key question is to do what? What the real purpose beyond the game? As a coach, you have to help your players develop that direction and instill a belief in them that they recognized they are in a ready most of the time to be motivated by objective, goals, and purposes.

STEP THREE

MOTIVATION IS ABOUT SELLING

Good motivators are capable of moving players forward. They buy into what you want. You have to get your players to believe that hard work, and the pursuit of excellence has no short cut but to do it all, pay the price and know they'll have success. You have to get them to buy that their sacrifices and sweat are worth the price of the goal. This means that you have to explain to them the necessity of their efforts and why all you so is essential for their health. Only telling a player to do something is nowhere near as useful as explaining to them how this exercise and our training will help them get closer to where they want to go.

STEP FOUR

DO NOT TAKE MOTIVATION FOR GRANTED IF YOU'RE THE COACH

Even professional players need external motivation from their coach. Too many coaches wrongly assume that the player should already be motivated and that this motivation piece is up to the player. To take on this is a Big Mistake and the part of the coaching staff.

STEP FIVE

MOTIVATION IS AN EVERYDAY JOB AND NOT JUST SOMETHING YOU DO BEFORE THE BIG COMPETITIONS

90% of motivation happens in your daily training sessions while 5-10% of motivation gets done just before the match. Unless you are working every day at being a motivator, the gimmicks and talks that you pull out on game day will be ineffectual.

STEP SIX

THE HEART OF MOTIVATION IS DEVELOPING A SPECIAL RELATIONSHIP WITH YOUR PLAYERS

The kind of relationship that you develop with each player, groups of players and your team from the beginning of the season through the last match will largely determine how motivated that each player will be to learn from and perform for you, the club and team.

STEP SEVEN

MOTIVATE BY CHALLENGES RATHER THAN THREATS

You invited your players to be part of your club. If you want a player to go to that next level of the match performance, you challenge them. Encourage them to reach their best performances and let them know that you believe they can do it. A challenge is positive and motivational, and your players will love your efforts with them, and they go all out to prove you're right. Verbal threats are negative and get the players on your team preoccupied with the potentials consequences for failing, and you're your punishment thinking you can straighten it out by harsh methods that are negative.

STEP EIGHT

BE POSITIVE AND NO NEGATIVITY AT ALL IN YOUR TRAINING, MEETING AND MATCHES

Nothing good comes from negativity. It's a very bad way to motivate players. Consistently getting down on your players will not make them feel good about themselves, other teammates or you, the coach. Be that positive influence, no matter what, even if you have to bit your tongue and you'll be a successful motivator and start winning matches by the players you selected.

STEP NINE

USE RECOGNITION TO MOTIVATE YOUR PLAYERS

Recognition is one of the most powerful motivators there is. Every day let your players know that you know they're there as part of the team and they are giving a great effort. Of course, your job is to provide excellent training sessions to prepare for the next match and much success. Even simple comments like, "great job," or "nice pass" or "way to get back and cover in defense" will go a long way to motivating them.

STEP TEN

HANDLE FAILURES AND MISTAKES CONSTRUCTIVELY

Teach your players that failures and setbacks are a necessary part of the learning process to get to that higher level of performance and not a cause for embarrassment, giving in or quitting. Model this attitude, and you'll motivate your players to take risks and go for it. If you jump in a player's face whenever they mess up, you'll not motivate that player and get them worrying about failing.

STEP ELEVEN

MODEL MOTIVATION IN ALL OF YOUR INTERACTIONS

If you want to be a motivator your players you, as the coach, have to be motivated. Your players can't get excited about practice and always seem to just go through the motions and not understand why they must be motivated. Motivation starts with the coach. Display enthusiasm, passion, and love to your players and they will start to pick up on it and perform better as an individual or part of your team. **STEP**

TWELVE

HAVE A BIG ENOUGH REASON TO HAVE YOUR PLAYERS SUCCEED

Motivation is all about having a good reason for doing something with excellence to achieve playing better. If you have a big enough reason (like winning this game to move up the table in points), you can always find the way to training, meeting and during the match to accomplish it. Help your players develop a big enough reason to train brave and hard and pursue excellence. Remind them in your daily session as you prepare for the next match the reason why they need to succeed. Don't wait for game day.

STEP THIRTEEN

USE GOAL SETTING AND NECESSARY STEPS (OBJECTIVES) THROUGHOUT THE COURSE OF THE SEASON

Coaches defined the teams and individual players goals to help you take yours and their dreams, turning them into reality. Work with your players at the beginning and throughout the season on specific, measurable, clearly defines goals and objectives that they can break down into long-term, intermediate and short-term part in practice sessions based on their playing positions in systems of play you teach. Help your player make sense of every practice about their goal for the next match and the long-term purposes of the season. Both are very relevant to move the team forward.

STEP FOURTEEN

HAVE FUN IN THIS GREAT GAME

Create an atmosphere of fun, challenging, and excitement on your team, and you will motivate your players to train more appropriate for the match, harder and longer if needed, which will depend on the day and the rhythm of training for the week. If your practices are nothing but constant drudgery or pathetic to the real game your players will quickly lose interest in you and the game you can't provide. If you want your players to be serious competitors and come through for the team and you as the coach, introduce humor and fun regularly in practice. Learn some funny clean jokes.

STEP FIFTEEN

WITHOUT THE PROPER REST, HYDRATION AND NUTRIENTS ALL THE ABOVE IS USELESS

Rest, hydration and the right food intake is all part of have your players be able to maintain proper training habit and perform for what you're asking. If a player does not get chances to rest, they will ultimately burn out, either mentally or physically. If they don't have the energy the right for and water intake they not perform well. Short breaks in training over the course of each session, each week and throughout the season will keep your players physically and mentally fresh and ensure that they stay. Water intake before, during and after practice and matches not only required but provide better match results.