



# DELIBERATE COACHING

The Principles

# Advocacy

Absolute positive regard

Emotionless correction

Affirming Success



# Purpose

Rule of 3

Technical skills

Physiological skills

Psychological skills





# Focus

3 most important skills 20%  
inputs result 80% outputs

Secondary skills necessary  
for training

Interlocking/chunking for  
hidden repetitions

# Curriculum

Individual  
(you or someone else)

Group

Base

Development Micro,  
Isolation, Combination,  
Performance



# Connecting parts

\*Adaptive

\*Vertical

\*Lateral

\*Unrelated

\*Tap into mixed emotions “emotional ambivalence”

\*Different levels of attention broad and narrow

\*Creative environment

\*Insanely curious

\*To solve a problem, ignore it relax the mind

\*Purpose

\*Seek out new experiences

\*Value learning

# Measure. Refine. Perform.

- \*Baseline (dry & live)
- \*3 practice methods (accuracy/precision, speed/efficiency, performance)
- \*Identify problem & set goal
- \*Practice, assess, adapt for the result
- \*Performance qualifiers, tests, & drills
- \*Review, adjust, or change





# Metrics & Scoring Methods

Scored

(no time, par time, or timed)

Timed

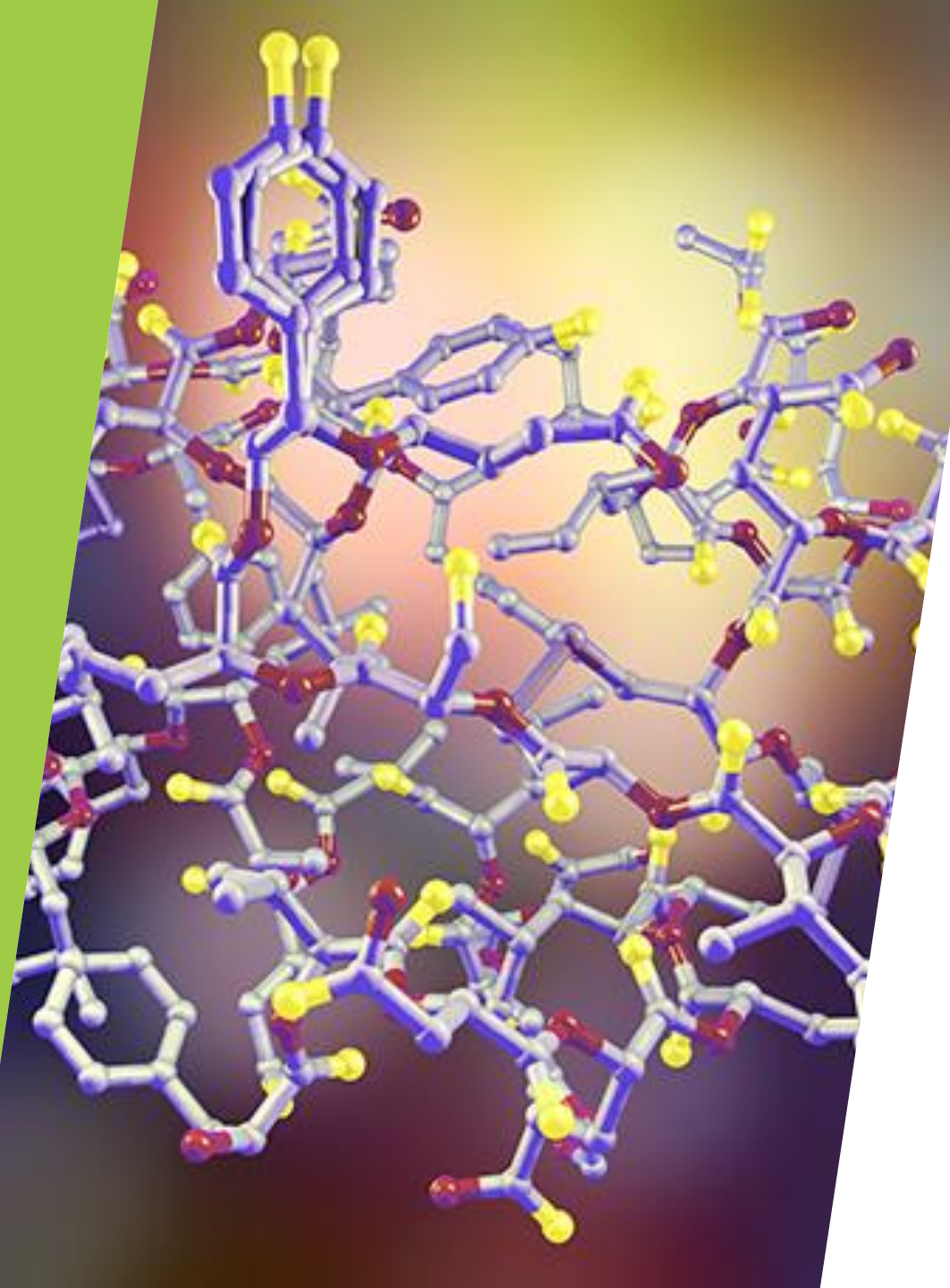
(target areas pass/fail, scored)

Combination

(comstock, limited)

Competition

(ranking by score & or time,  
head to head)



# Preparing the Shooter

Biology vs Personality

Stress Hormone  
Cortisol & Adrenaline

Flow Hormones  
(next slide)

**Dopamine** = Skill booster

**Norepinephrine** = Energy, arousal level, attention, efficiency, emotional control

**Anandamide** = Endogenous cannabinoid, elevates mood, relieves pain, dilates blood vessels, aids respiration

**Endorphins** = Relieves pain, induce pleasure

**Oxytocin** = Social bonding, linking information

**Serotonin** = After glow, bliss

# Group Flow

- \* Frustration and simmering anger prime the brain for learning by releasing norepinephrine.
- \* Learning is primarily pattern recognition.
- \* Creating and recognizing flow in our client
  - 1. Action and Awareness Merge.** The doer and the doing become one. From the perspective of consciousness, we become the action. In other words, actions feel automatic and require little or no additional resources.
  - 2. Selflessness.** Our sense of self disappears. Our sense of self-consciousness as well. The inner critic is silenced.
  - 3. Timelessness.** We experience an altered perception of time. Past and future disappear, and we are plunged into an eternal present, a deep now.

- 4. Effortlessness.** Our sense of struggle and strife vanishes. The experience becomes intrinsically rewarding or—in technical parlance—“autotelic.”
- 5. Paradox of Control.** We have a powerful sense of control over the situation. We are the captain of our ship, master of this small slice of destiny.
- 6. Intrinsic Motivation.** The experience is intrinsically motivating. We do it for love, not money. We do it because the activity itself is so incredibly enthralling that it’s its own reward.
- 7. Intense Concentration.** More specifically, intense concentration on a limited field of information. Total focus on the right here, right now. Complete absorption in the present moment.
- 8. Challenge/Skills Balance.** The challenge of the task at hand slightly exceeds our skillset, so we have to push ourselves outside our comfort zone. But not too far outside. We have to stretch, not snap.
- 9. Clear Goals.** These are not big goals (like winning the Olympics in downhill skiing); instead, they are much smaller chunks (like getting out of the starting gate fast). What’s critical is we know what we’re doing now, and we know what we’re doing next so attention can stay focused in the present.
- 10. Immediate Feedback.** The gap between cause and effect is tiny—so we can always course-correct mid-flight.



**STRUGGLE BETA WAVES**

**RELEASE ALPHA WAVES**

**FLOW/THETA/GAMMA WAVES**

**RECOVERY DELTA WAVES**

# S.T.E.R

Selflessness

Timelessness

Effortlessness

Richness

Hypo-transient frontality  
Using only 10% of the brain



Research with both artists, and action and adventure sports athletes, have figured four more triggers.

1. **High consequences** (that is, some kind of risk: physical, mental, social, emotional, etc.)
2. **Deep Embodiment** (the engagement of multiple sensory streams at once, learning through doing)
3. **Rich Environment** (lots of novelty, complexity, and unpredictability in the environment)
4. **Creativity** (specifically, pattern recognition, or the linking together of new ideas)

# Preparatory Cueing



- \*Be Ready
- \*Postural/Alignment cue
- \*Visual inputs (levels of focus from target to sight)
- \*Visualization with Kinesthetic input
- \*Clear mind with process of one goal (call shots, be the receiver taking in information not simply observing)
- \*Replay



# Review

- \* Vision
- \* Feel
- \* Video
- \* Absence
- \* Correction
- \* Celebration
- \* Gratitude



# Self Image

Mantra A.C.E.D

Probability  
(% of success)

Plateaus  
(sacrifice of ego required)

Anger is the agent of change

# Practice Program

- \* Build
- \* Adapt
- \* Measure
- \* Deliberate quality repetitions
- \* Intrinsic motivator's purpose, autonomy, passion, mastery, curiosity



# DELIBERATE COACHING

Day 2 The Principles