

Washington District 2 Little League presents

## *Mastery Approach to Coaching*

A Sport Psychology Workshop with  
**Dr. Frank Smoll**  
University of Washington

**March 10, 2013, 2:00-3:30 p.m.**  
**North Kitsap Community Auditorium**  
**1881 NE Hostmark Street**  
**Poulsbo, WA 98370**

### *How Can Coaches Increase Their Effectiveness?*

In answering this question, over 35 years of research has been conducted on coaching behaviors and their effects on young athletes. A sport psychology training program was developed and tested in this research. The program, which is known as the **Mastery Approach to Coaching**, is the *only scientifically validated* coaching-education workshop that has been shown to produce the following outcomes:

- Fosters positive coach-athlete relations
- Increases the amount of fun that athletes experience
- Creates greater team cohesion
- Promotes higher mastery-oriented achievement goals in sports and in school
- Increases athletes' self-esteem
- Reduces performance-destroying anxiety and fear of failure
- Decreases athlete dropout rates from approximately 30% to 5%
- Produces equally positive effects on boys and girls teams

### *What Does the Mastery Approach to Coaching Include?*

During a workshop, coaching guidelines are presented with the aid of animated PowerPoint slides. The principles are included in a printed manual that coaches receive. The **Mastery Approach** emphasizes:

- Creating a learning environment that focuses on skill development, personal and team success, maximum effort, and fun
- Giving high-quality technical instruction
- Providing reinforcement for effort as well as performance
- Decreasing anxiety-producing punitive behaviors

Instruction is given in how to:

- Keep winning in a healthy perspective
- Correct athlete mistakes
- Develop a team-oriented approach to discipline
- Deal with violations of team rules
- Combat fear of failure
- Increase communication skills
- Work cooperatively with parents