

## Athletic Learning Curve

*This book is a reference guide for coaches and athletes alike. It is a compilation of "what", "why", and "how" coaches continue to streamline the athletic learning curve so athletes can reach their full potential more efficiently.*

"...A coach can be a great tool of guidance for an athlete's perspectives... It is better to consider other methods as simply *different* rather than wrong. It is also not helpful to an athlete if you ignore what has already been learned. This only creates frustration and a slower learning process overall..."

"...*Timing and placement* are the only two apparent errors for which an athlete can be responsible... Remember, even errors in *judgment* do not become *apparent* until the physical results are *seen*..."

"...As athletes become accustomed to following the coach's lead, one simple fact about success may be overlooked. *The coaches cannot want it more than the athletes*..."

"...Contrary to popular belief, *thinking* is not the enemy of success in athletics... The chief complaint about thinking through our skills is that it makes us feel more *mechanical* than we would like. But this is only because we are thinking too *slowly*, not because we are thinking too much... If athletes are encouraged to give the appropriate mileage to the natural process of *mechanical to fluid* movement, the outcome is greater consistency...When a child struggles through the alphabet, is he thinking too much?"

"...Helping high level athletes *learn how to teach* is a critical part of making advancements in future teaching methods... Programs that involve junior coaching or internships before allowing full coaching status are helpful to this end..."