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Prime Coaching:
Get the Most Out
of Your Athletes




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What is Prime Coaching?

Maximizing your athletes' **progress**, **enjoyment**, and **success**



Purpose?

Instill effective skills and habits

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Taylor's 5 Laws of Preparation

Law #1: Competitions aren't won on the day of the event

- Train like you compete or compete like you train?

Law #2: Training is the foundation of all skills and habits

- Consistent training leads to consistent competitions

Law #3: Skiers must bring four things to training

- Goal, purpose, focus, intensity

Law #4: Focus and intensity Point A to Point B

- Start to finish of course; first run to last run

Law #5: Prime preparation is devoted to skiing their best in the most important competitions of their life.

- Anyone can ski well in an unimportant competitions, under ideal conditions, against an easy field.
- Ultimate goal of Prime Training: ski their best when it really counts.

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Team culture




- Purposeful/focused
- Hard work
- Quality
- Positive attitude
- Support
- Fun

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Attitude

- Challenge, not threat
- Seek out discomfort
- Experimentation
- Failure is essential
- Train for adversity
- No such thing as free skiing
- Never give up!



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Creating Quality Training

Set the stage

- Sacred ground
- Radio above start
- Skiers stop talking



Mental skills

- Imagery
- Keywords
- Training routine

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What coaches can do?

- Be passionate and positive
- Be tough
- Constantly remind athletes of culture and attitude
- Help them overcome frustration
- Praise them...the right way
- Use video...the right way

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What's the outcome?

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graph LR; A[Purposeful, focused, intense training] --> B[Quality effort]; B --> C[Effective skills and habits]; C --> D[Total Preparation]; D --> E[Victory! (however it is defined)];
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Victory!
(however it is defined)

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