

A close-up photograph of a person's hand holding a red and black climbing rope. The hand is positioned in the center-right of the frame, with the fingers gripping the rope. The background is a solid, dark blue color. The text 'MOTIVATING ATHLETES' is overlaid in large, white, bold, sans-serif capital letters across the middle of the image.

MOTIVATING ATHLETES

Rene Bibaud - Coach Rain City Ropeworks



I love to jump rope and share it with others!!!





**Coach of Rain
City Ropeworks**

Why Motivation Matters

Jumping Rope is a healthy activity, when taught early, kids have a life fitness activity they can enjoy for life. Incredible mental health benefits!

When it's enjoyable and athletes feel a sense of achievement and belonging - they become motivated.

Motivated athletes:

excel

show up

elicit family engagement

are successful

become role models for others

My Motivation Methods:

- **Belonging**
- **Buy In**
- **Appropriate, Authentic Instruction**
- **Tracking: Gamification, Growth Charts**
- **Ongoing Support**

Belonging

- Focus on growth mindset, learning behaviors and personal best:
 - Create a positive relationship to rope jumping where every team member can feel successful. "Success breeds self esteem" When we focus on effort, results will follow. So I spend my early days focusing on personal best, and helping athletes become good learners. I spend more hands on time providing specific tasks, challenges and finding skills and drills that are "just right" for my athletes.
 - Effort is what is rewarded and highlighted.
 - Our foundation is set early on around best effort, and working towards individual goals.
- Relationship
 - Peer to peer mentoring with specific routines. (so the older athlete can focus on positive messages and not have to create anything)
 - Teamwork/bonding and building in fun stuff,
 - Experiences together
- Crossover - we have a period of every practice where we are all together for crossover time

Buy In - Once they "buy" they "fly"

When I can establish a positive environment where athletes are appropriately challenged and feel a sense of belonging and accomplishment, they "fly" After that, it's about providing encouragement, love and support. **Buy in starts with first positive exposure to the sport, followed by quality instruction and sense of accomplishment. Beyond that is their experiences on the team:**

- Shows
- workshops
- "Getting out into the world"
- Special events, festivals etc.

These events alone won't build a positive relationship to jump rope, but combined with a fun and enriching team experience, the likelihood of "buy in" improves.

Appropriate, Authentic instruction by trusted leadership

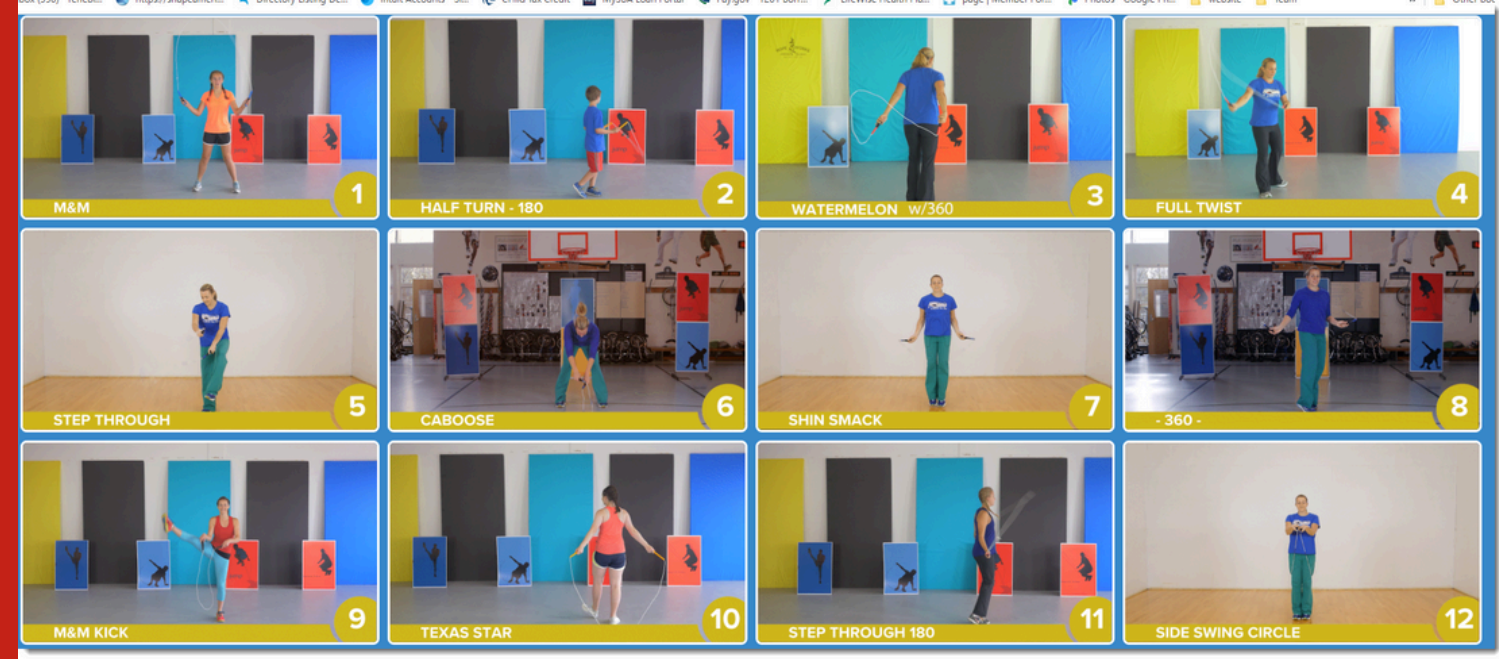
- Develop a learning plan that is appropriate for all athletes.
 - Work from bottom up (scaffolding)
 - Continually push athletes to next attainable skill/routine.
 - Help them learn how to learn - by breaking skills down and help them "learn to learn" (so they don't need as much support later on)
 - I use visual aids, checklists, posters, skill cards, videos and created an app where I assign different skills and routines to different athletes - this is very motivating for them
- I do not focus on my older athletes, I build my younger athletes to become autonomous.
- Authenticity matters
 - it's ok to not know something, allow athletes to inquire alongside you. I have one athlete who knows the rules much better than me. I make that clear.
 - I spend time praising effort. A lot of time praising effort. The athletes know how much it matters to me and can feel that I'm genuine.

Gamification, Growth Charts/Checklists and visual aids

All athletes love games, gamification, charts, level ups!!!

A few examples:

- Personal Best
- First Person
- Beat the Teacher



This is my jump rope app - I'll post a full page of skills and athletes can choose skills to work on. Each skill has a foundational level and an upgrade so many athletes can be challenges at the same time despite various skill levels.

Once they fly:

Coaching becomes more of a mental game:

- inquire about goals
- help athletes develop a personal workout routine at home
- help athletes reflect on their process by asking probing questions
- bring my own enthusiasm
- maintain my own love and joy - mirror neurons

What does Google Say about "Motivating Athletes"?

Set Clear Goals: Athletes need to know what they are working towards and what they want to achieve in their sport. Setting clear and attainable goals can help motivate them to stay on track and work harder to reach those goals.

Positive Reinforcement: Praising athletes for their hard work and accomplishments can go a long way in motivating them. Positive reinforcement can help boost their confidence and encourage them to continue working towards their goals. - **BE AUTHENTIC AND SPECIFIC!!!!**

Offer Support: Athletes need support both on and off the field. Offering emotional, physical, and mental support can help them stay motivated and focused on their goals.

Provide Opportunities for Growth: Athletes need opportunities to grow and develop their skills. Providing training programs, workshops, and access to resources can help them improve and stay motivated.

Foster a Positive Team Environment: A positive team environment can help athletes feel connected and motivated to work together towards a common goal. Creating a supportive and inclusive team culture can help foster motivation and encourage athletes to perform their best.

THANK YOU

I hope you found the information useful or helped "get the juices flowing" around the idea of motivating your athletes!



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