

PERSONAL DEVELOPMENT COACHING

Athletes



- Personal Development Coaching for athletes is a valuable extension to your specific sport coaching.
- Whereas game training sessions focus on technique, game play, tactics, team coordination and fitness.
- PD Coaching focuses on the person who has to deliver all of those physical skills.
- It is away from the court, pitch or track
- It is one on one, individual to you

PROGRESSION

If you want to progress as an athlete PD Coaching will assist with your personal management, cognitive skills and performance, and with attaining your personal goals in your sport/level of competition.

It allows you to focus on developing the aspects required of an athlete that can't easily be addressed during training or in group/team situations and enables you to more definitively influence your own progression and performance.

PERFORMANCE SPECIFICS

More often than not the difference between winning and losing or the satisfaction you feel with your performance at the end of the day, comes down to how you play the game. That in turn comes down to your mental stamina, your personal traits and your cognitive as well as physical preparation.

PD can help strengthen qualities such as performing under pressure, decision making, interacting with team mates, following instructions, maintaining or reinstating your confidence, avoiding predictability, leadership, tempering ego or emotions, temperament management, channelling emotional energy effectively, maintaining consistency in performance and maintaining concentration for the duration of matches/events.

NB/

This PD opportunity is available to all Uni Blues Players (U18's will require written consent from their parents)

Consultations are confidential, I will not be reporting back to your Coach or anyone else unless otherwise agreed with you.

Your Coaches might recommend a PD session to you if they feel it would benefit a particular aspect of your game. In which case I would briefly consult with him/her prior too seeing you, so that our session is relevant to your/the teams needs.

Ally Babbage

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