

# Mental and Physical Preparation (Tommi Pärämäkoski)

My coaching philosophy:

- Motivation to coach is to try to understand myself and human behavior (leave fingerprint)
- The main point is to help athlete (sport helps to build human being and gives lesson for life)
- Find the character (understand individual needs)
- Everything affects to performance (training, nutrition, biomechanics, body balance, social life, family, etc.). We are working with people not building machines

## Positive cycle:

- The power of first thought
- If we have the will everything is possible!
- Set the individual target and be ready to change it  
→ motivation
- Are we catching up the mistakes or finding the success (in the end we all want to receive support)
- Analyzing (not only what went wrong)
- In the end athlete is the motor of his own development. Every day is trying to make everything more optimal.
- What affect feelings start processes (not what we say → how we make people feel

## Building a team/being part of the team:

- 1. Forming (who? Who do we take?)
- 2. Norming (rules)
- 3. Storming (how do we respond)
- 4. Performing
- Everybody wants to be important and needed (me vs. You) → how do you do it? (also parents, etc.)
- Team norms or way to act. Personal and individual values → team values → how we act, train, play
- When problem comes always check out your action
- The problem child (best coaches)
- The only way of team development is that players feel through personal feelings that the team is developing

## Physical training:

- Part of everything
- Do we train functional changes (easy to get) "summer training and testing" or structural changes (means bigger heart, more blood vessels, more nerve connections in brain or brain to muscle → athletes career
- Basic endurance and basic skill techniques through childhood (reflective child) → will always learn
- No laboratory techniques (climate, wind, etc.)
- Middle core stability / push vs. Pull ratio → injuries
- What muscles work in your sport (speed up movement, stop movement, stabilize)
- Question when to do specific training (goalies)

## Main points:

- Every day challenge (challenge the athlete, no room for bad training)
- Contacts and discussions (nobody knows all)
- Check your communication (non-verbalic, verbalic, emotions)
- Main thing is how do you use what you know. Not what do you know → how do you can use it in changing surroundings.
- Be true to yourself and your style
- Brake the comfort zone! Try your limits
- Story of India and the pressure of home WC-games (athlete needs the pressure situation to get maximum out)