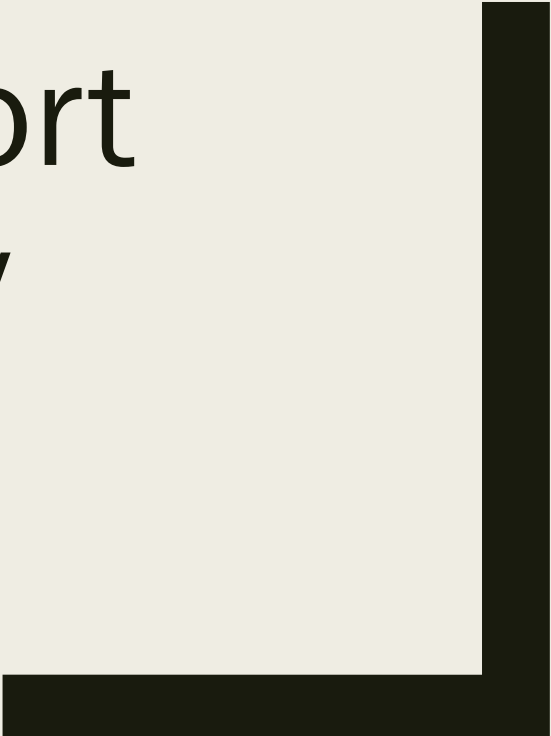


# IPPs and Sport Psychology

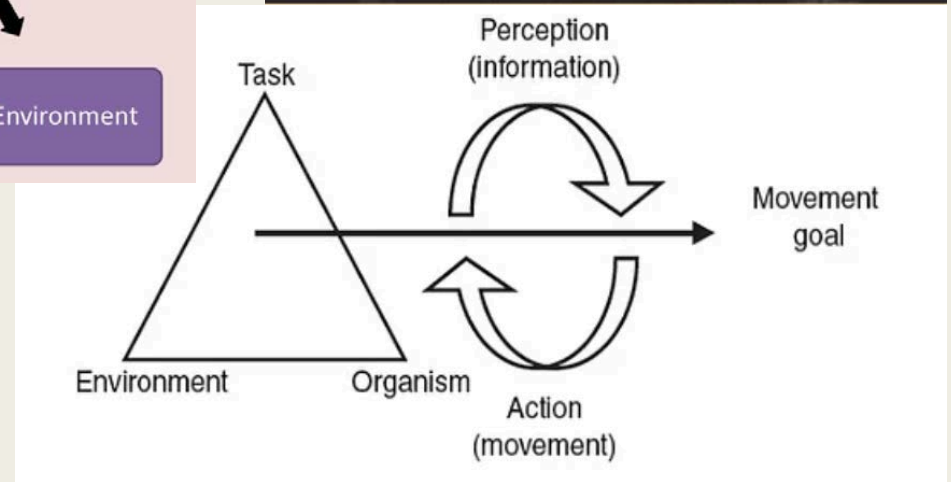
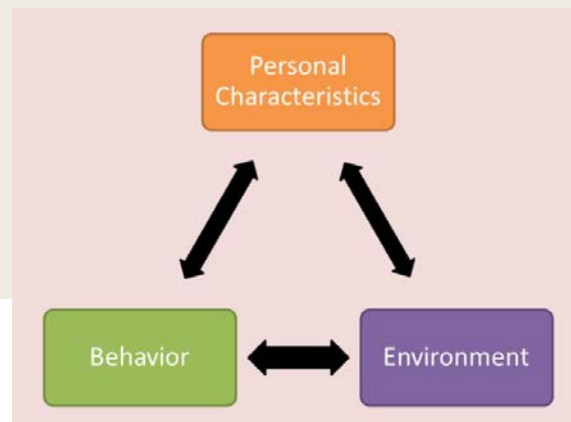
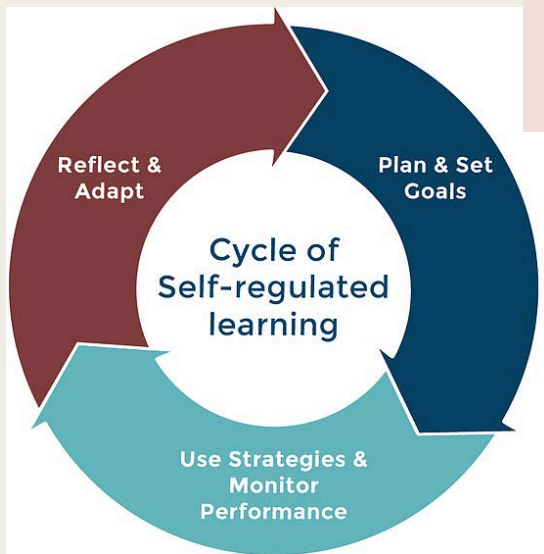
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# Outline

- Who Am I?
- IPPs and Sport Psychology:
  - The What
  - The Why
  - The How (x5)

# Sport Psychology: The What



Photos retrieved from various research. Contact me for info!

# Sport Psychology: The Why



- What are some characteristics or skills of your ideal player?
- When do you learn those?
- How do you learn those?



**Stop & Think:** Feel free to share your answers in the chat!

Photos Retrieved from: Twitter

# Sport Psychology: The Why

HE WHO HAS A WHY TO LIVE FOR CAN BEAR  
WITH ALMOST ANY HOW.  
- FRIEDRICH NIETZSCHE -

LIBQUOTES.COM

- Why do you coach? Why did you attend this session?
- (Intended) Purpose of today: Considering sport psychology in our IPPs.

**Positive Developmental  
Outcomes**

**Improved Performance**



**Sport Psychology**



**Stop & Think:** Feel free to share your answers in the chat!

# The How: Psychologically Safe Environment

- Creating a shared sense of “us”
- Gain input, share decision-making or leadership responsibilities, discuss purpose
- What I’ve said:
  - *“Commit to your decisions.”*
  - *“Complete 10 great possessions.”*
  - *“Run the offence from every position.”*



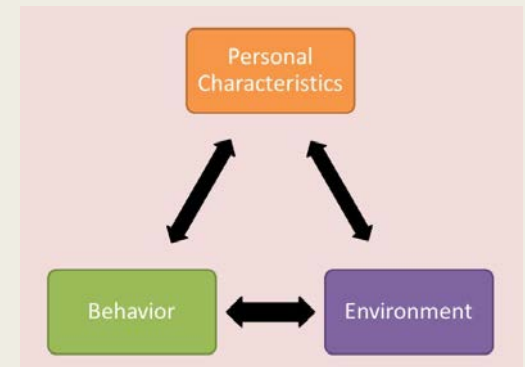
# The How: Self-Talk To A Teammate



- Creating a safe environment for both teammates, and individuals
- Build on kindness, self-compassion, emotional control
  
- What I've said:
  - *"Speak to yourself like you would your best friend."*
  - *"Count the positive statements said aloud."*
  - *"We are not volleyball players."*

# The How: Guiding Feedback

- Engage the athlete with the environment, task, and person
- Open ended questions
- What I've said:
  - *"What did you see?"*
  - *"What other options are there?"*
  - *"Can you put \_\_\_\_\_ into your own words."*





# The How: Build Your Own

- Start thinking like a coach
- Understand the purpose behind decisions
- What I've said:
  - "Choose your teams action that is worth double points."
  - "Choose the action another team must score with."
  - "Grab a ball and stand somewhere."



# The How: Write It Down

- Time and resources to journal and debrief
- Create a “Confidence Resume” for each athlete
  
- What I’ve said:
  - *“What did you learn today? What surprised you today?”*
  - *“How did you feel today?”*
  - *“How could I have coached you better?”*



# Take Home Messages

- Sport Psychology is everywhere
- We are coaching PEOPLE
- “Commit to your decisions.”
  
- “He never asked someone to do something he didn’t do.”
  - *Last Dance, ep. 7*

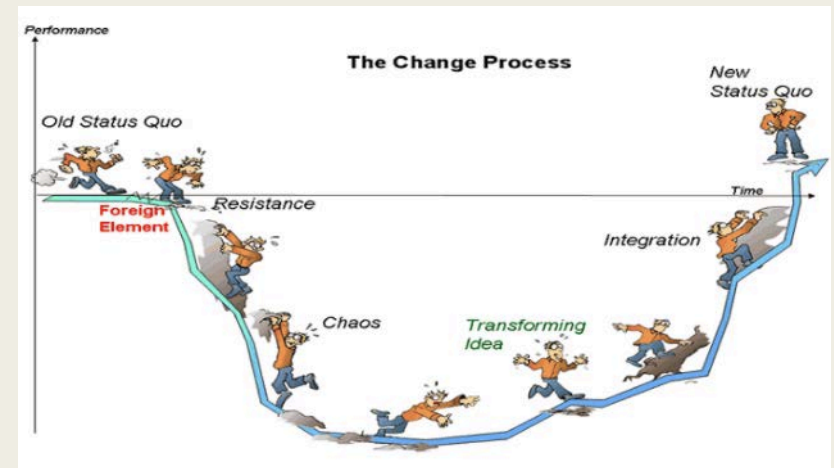


Photo Retrieved from: Active Alberta

One last thing I say:

*“What are your questions?”*

*“Ask me 3 questions.”*



Thank you!

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