

**Coaches - welcome to your M.A.P.** Our goal is to help you be better coach by helping you get better at applying “5cs” – Commitment, Confidence, Concentration, Communication, and Control. These 5cs represent key mental and emotional areas that when learned and implemented will help you help your players improve their performance on the field...and in life.

## What are the 5 C's?

The goal of the Rush M.A.p. is to develop the “5cs” in our athlete’s parents and coaches.

The 5cs

- Commitment – refers to ones desire, determination, and persistence to accomplish a task – it involves giving 100% and making sacrifices
  
- Concentration – refers to ones ability to focus or change their focus at key times
  
- Confidence – refers to ones belief in ones self, of those around them, and of ones capacities and abilities
  
- Communication – refers to ones ability to receive and provide effective information, and to interact with and influence those around them
  
- Control - refers to ones ability to maintain composure and control of ones emotions in a

variety of situations, in various ways and through various means

## **Here are a couple of coaches in action using the 5 C's?**

Commitment – The ability to use different stories / analogies to get your message across is an important aspect of coaching practice. This is a great example of a well told story that promotes the importance of commitment (particularly hunger / drive).

Concentration – With the following quote, Jose Mourinho shows the importance of minimizing distractions during coaching sessions, in order to facilitate greater concentration from the players. 'At the end I explained that the whole training area was mine, and that in terms of my players' concentration and privacy, it was essential that they had the training ground to themselves.' (Jose Mourinho)

Confidence – This clip shows a soccer coach and Professor outlining different methods for developing confidence in players.

Communication – In a funny way, this clip emphasizes the importance of being able to understand how players like / need to be communicated with, and then being adaptable enough to use a different communication style to interact with the player effectively.

Control – The first clip here is from the movie 'Hoosiers', with the coach helping to settle the players nerves by increasing familiarity with the environment they are to play in. Helping players to gain better control of their emotions.

The second clip shows a coach losing all control of his emotions in the dressing room when losing a game. The importance of staying controlled as a coach is vital, as the players will take on and reflect the emotional state of the coach on the field. When a coach loses control like this, they don't communicate effectively and also cause a great deal of worry and anxiety to players. Stay controlled and logical in your thinking as a coach.

## **How we will help you learn and apply these:**

Bi-weekly and/or monthly we will post some videos or video links, player quotes, articles about players and/or

sometimes a quick explanation about one or more of the 5Cs

For example we want to talk about how a player might build his or her ability to improve confidence before playing against a big opponent or before a big game....where do we start? Well we could start by:

- Showing a video of for example how Messi gets himself ready for a big game
- We may also talk about what confidence is in a short video clip or 3 or 4 sentences
- Then maybe we, again in a video or quick 2 or 3 sentences, talk about ways you can do this for yourself and improve this skill over time

The M.A.P. will try all of these ways and more to help you be able to understand apply this C and be great at your game. Of course all we can do is put the stuff up on the site...its up to you to check back often, click on the links and try the ideas out?

## What should you do if you have questions?

Bi-weekly and/or monthly we will post some videos or video links, coach quotes, articles about coaches and/or sometimes a quick explanation about one or more of the 5Cs

For example we want to talk about how a coach might use communication with his or her players by:

- Showing a video of, for example, what a coach might have said in a speech or team talk
- Providing an article or PowerPoint about a specific "c"
- Then maybe we, again in a video or quick 2 or 3 sentences, talking about ways you try things with your players and why it might be effective in improving their performance

The M.A.P. will try all of these ways and more to help you be able to understand apply this "C" and be great at your craft.

## end faq

March MAP - [Concentration](#)

January MAP - [Goal Setting](#)

December MAP - [Confidence](#)

October/November MAP - [Control of the Mind](#)

## HOME

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Click this link to view MAP content for September - [Communication is Key. But what kind of Communicaiton is Key?](#)

Click this link to view MAP content for August - [Helping Players Build Their Commitment.](#)