

Coach Traub, Performance Consultant



Menu of Services



Goal: Best Effort – One Step at a Time

Level 1 Mental Skills Training

Team or multi-team setting
Knowing what to do (or think)

The goal here is to clarify the thought patterns of the greatest athletes in the world, particularly focusing on the skills of attitude, focus, courage, and forgiveness. This also includes a discussion of common distorted thinking patterns and "curse" words to avoid both in speech and thoughts. When time permits, mental skills such as goal setting and imagery are explored. Team building activities to promote effective communication and empathy are also available.

Level 2 Mental Skills Training

Small group or individual setting
Doing what you know

Looks at individual and situation-specific challenges to giving a best-effort performance one step at a time. Even with an understanding of what to do, it is still difficult to do it. Level 2 training includes awareness exercises and strategy development for tapping into personal power. By working on our challenges, we can consistently excel both in practices (getting better, faster) and in competition (best effort execution under pressure). Pre-game routines, pre-specific situational performance routines (e.g. a pitch, a play, a free throw, an at-bat), and gathering routines are specifically discussed.

Training for Student-Athletes

- Performance Seminar
 - Classroom Setting with Power Point presentation.
 - Typically an hour during the day or two hours in the evening.
 - Provides details and distinctions on the things student-athletes already know about how to get what they want from their sport.
- Practice Workshop
 - On-field / on-court setting.
 - Typically for teams who have already participated in a Performance Seminar.

AARON@COACHTRAUB.COM; WWW.COACHTRAUB.COM; CELL: (214) 264-4373
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- Coach Traub presents a targeted lesson at the beginning of practice of any length, then stays through the practice and observes and/or does Level 2 training. His involvement during practice is as little or as much as the head coach requests and his focus is also based on discussions with the head coach.
- **Peak Performance Camp**
 - Typical camp setting. Cost per camper is low and that money is used to pay staff (not Coach Traub) and insurance (under \$2/person).
 - Breaks up the Performance Seminar into smaller segments and emphasizes how to coach yourself at practice to get better, faster.
 - Emphasis on attention to details and practicing mental and physical skills simultaneously.
 - Great event for getting the ball rolling in the right direction for the future of your program. Ages 12-17. Length varies, but averages four hours.
 - UIL Compliant – It's a Coach Traub event. Coaches can work the camp if they have a camp day left under UIL rules to do so. If not, the head coach should still plan to attend.
- **Team Building Activities**
 - Time required is anywhere from 10 minutes to three hours.
 - Fun, non-sport specific activities that can be done in a gymnasium or on a field.
 - Promotes communication, problem solving, empathy, and team chemistry.
 - Is often combined with a Practice Workshop. In this case, this does not count as an additional "consulting visit" from Coach Traub
- **Leadership Council**
 - Multiple Sport Classroom Setting.
 - A series of four meetings - First meeting 90 minutes. Next 3 are 60 each.
 - Designed to promote:
 - a vision of where the student-athletes want to go
 - a vision of the team culture that will help them get there
 - specific distinctions about how to lead by example
 - a better understanding of how to increase empathy
 - motivation to have the resources left in the tank to give teammates what they need to give their best effort, too.

Training for Parents

- **Parenting in Athletics Workshop**
 - 20-75 minutes
 - Can be a part of a Booster Club meeting or an evening Performance Seminar.
 - They should be biased, but they should also be an asset to the program, not a hindrance. This workshop promotes awareness about inappropriate behaviors and encourages teamwork and trust in the process.
 - A signed Parent Pledge is an option

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Training for Coaches

- Coaching the Mental Game Round Table Discussion
 - Length varies from 1-3 hours
 - By far, the biggest impact of mental skills training is what the coaches make part of their daily coaching process.
 - Builds coaches' confidence by providing them with informative details and tools that they probably did not receive in their college curriculum and may not have been exposed to during their playing career.

Note: All coaches will receive an electronic copy of Coach Traub's *Coaches Guide to Training Mental Skills*.
- Clinician