

# MOTIVATION!



WORLD  
SUMMIT

**'Motivation** is the **foundation** of all athletic effort and accomplishment. Without your **desire** and **determination** to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless'

**Motivation, simply defined, is the ability to initiate and persist at a task**



# The Journey



0-12 months Min Skills



A/B/C Team?



National Teams?



Region Rankings?



WFTDA Rankings?



Play Off's / Champs?



# Learn to Spot Low Motivation

## The Grind...



A lack of desire to practice as much as you should



Less than 100% effort in training



Skipping or shortening training



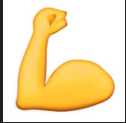
Effort that is inconsistent with your goals



# MOTIVATION BINGO!



# What Motivates you to Come to Training?

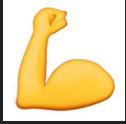


TEAM:

Teaminess, teamwork, being present for the team

PEOPLE:

Pals, lovely people, socialising



FITNESS:

Health, mental health, strength

PROGRESS:

Getting better, learning things, pushing myself



PASSION:

Love of sport, love of skating,

FUN:

Enjoyment, de-stress



# What Motivates you to Come to Training?



‘Obligation’: Because I’ve paid for it



# EXTRINSIC

Comes from outside

Rewards - medals / certificates

Media attention

Praise / Bragging rights

Competitive outcome

Avoid being benched



# INTRINSIC

Comes from within

Enjoyment of Playing - it's fun!

Challenge of Competition

Learning and nailing skills

Desire to grow

Exploring potential





Be More Intrinsic...



Confident athletes

Less stress over mistakes

Focused on present

Keep skating for longer



**I'VE STOPPED  
LISTENING**



**WHY HAVEN'T  
YOU STOPPED  
TALKING?**



**WORLD  
SUMMIT**

# HELP YOURSELF

The G Word



Visualise & Focus

Prepare

Look back as well as forward

Daily questions

Plan well

Be an adult



# HELP EACH OTHER

Get a training buddy

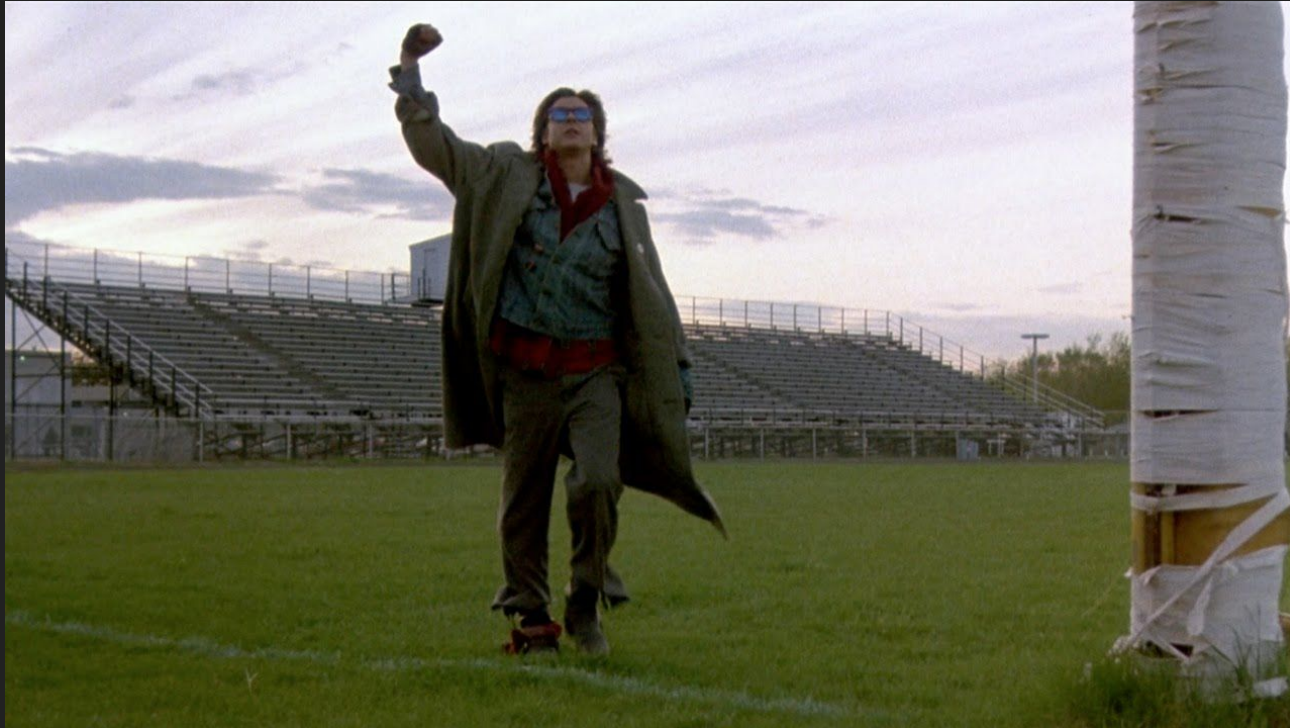
Ask for advice / help

Identify competitor / inspiration

Swap ideas; films, music



# WHICH BRINGS ME TO



# Empower Skaters with a Voice

What do they want to learn?

How often do they want to train?

What do they need? Games, travel,  
Team Jobs - everyone plays a part





Mid Season...



# Plan for Slumps

Change/Adapt Environments

Renew Focus



Creative Coaching



# Plan for Slumps

Change/Adapt Environments  
Renew Focus

Human noughts and crosses

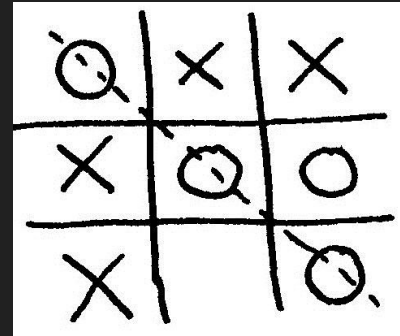
Holding basketballs/socks

Tennis ball 'fetch' stops / change in direction

Crash Mat Jumping NO FEAR

On skates agility ladders

[Karaoke to improve communication](#)

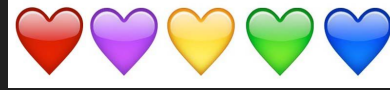


Creative Coaching





# THANKS!



Crazylegs / [thelovlierlianne@gmail.com](mailto:thelovlierlianne@gmail.com)  
Auld Reekie Roller Girls, Edinburgh, Scotland

Here are 12 motivational activities (to keep you ticking over each month)...

1. Film: Miracle - <http://www.imdb.com/title/tt0349825/>
2. Film: A League of their own: [http://www.imdb.com/title/tt0104694/?ref\\_=nv\\_sr\\_1](http://www.imdb.com/title/tt0104694/?ref_=nv_sr_1)
3. Film: Goon: [http://www.imdb.com/title/tt1456635/?ref\\_=nv\\_sr\\_2](http://www.imdb.com/title/tt1456635/?ref_=nv_sr_2)
4. Film: The Mighty Ducks - [http://www.imdb.com/title/tt0104868/?ref\\_=nv\\_sr\\_1](http://www.imdb.com/title/tt0104868/?ref_=nv_sr_1)
5. Film: Rocky - [http://www.imdb.com/title/tt0075148/?ref\\_=fn\\_al\\_tt\\_1](http://www.imdb.com/title/tt0075148/?ref_=fn_al_tt_1)
6. Film: Eddie the Eagle - [http://www.imdb.com/title/tt1083452/?ref\\_=nv\\_sr\\_1](http://www.imdb.com/title/tt1083452/?ref_=nv_sr_1)
7. Ted Talk: Diana Nyad - <https://www.youtube.com/watch?v=Zx8uYIfUvh4>
8. Ted Talk: Angela Lee Duckworth - [https://www.ted.com/talks/angela\\_lee\\_duckworth\\_the\\_key\\_to\\_success\\_grit](https://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit)
9. Film: Trolls - [http://www.imdb.com/title/tt1679335/?ref\\_=nv\\_sr\\_1](http://www.imdb.com/title/tt1679335/?ref_=nv_sr_1)
10. Film - Greater: <http://www.imdb.com/title/tt2950418/> (tear jerker warning)
11. Ted Talk: Dan Pink - <https://www.youtube.com/watch?v=rrkrvAUbU9Y>
12. Ted Talk: Brene Brown - <https://www.youtube.com/watch?v=iCvmsMzIF7o>

