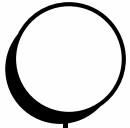


BUILD A PERSONAL COACHING PREP PLAN IN 7 EASY STEPS

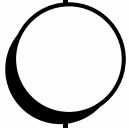


**Special
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Ontario

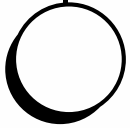




Review athlete profiles: strenghts, current skill levels, goals, medical info, and stress signs.



Confirm each athlete's compeition readiness (mental, physical, emotional).



Use assessment tools (e.g., sport skills assessments or personal best logs).

To understand my athletes in prep for games, I will...

1

2

3

Define the key techniques, tactics, and drills to emphasize between now and the summer games.

1

2

3

Set short-term, specific goals that build confidence and consistency.

Goal

How I Model It

How I Coach It

1

2

3

Coach simple routines: visualization, breathing, positive self-talk.

Talk about nerves and coping strategies early. Normalize it.

Build confidence by reviewing what each athlete has improved on.



Mental routines to practice:

- Visualization or imagery
- Breathing and emotional regulation
- Positive self-talk and language
- Coping with nerves and frustration

3 different breathing techniques I want to try are:

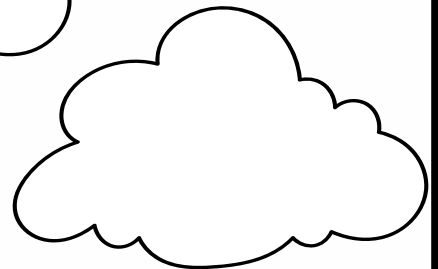
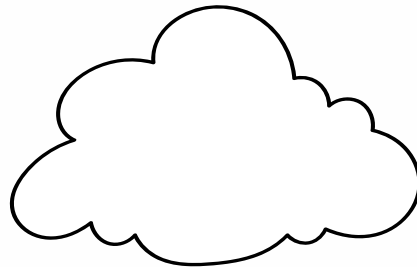
1

2

3

Positive Self-Talk Prompts

List 3 positive self-talk prompts



04

Build Team Connection & Communication

What kind of team experience do you want your athletes and support team to have?

How will you build trust, clarity, and shared ownership before and during the Games?

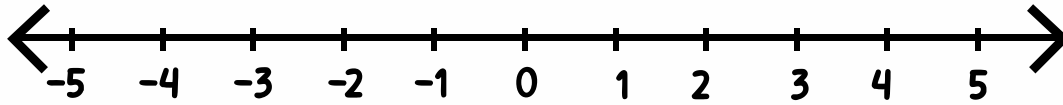
Choose 2–3 actions that will help you bring this to life:

- ☐ Assign fun or functional roles (e.g., gear lead, playlist manager, hydration captain)
- ☐ Create a daily team check-in: “What’s one thing you need from us today?”
- ☐ Practice using shared phrases that build confidence (e.g., “Next shot,” “Reset,” “You’ve got this”)
- ☐ Invite each athlete to explain how they want support when they get frustrated

- ☐ Co-create a short team motto or value statement
- ☐ Model honest and calm communication, especially under pressure
- ☐ Use 1:1 chats during walks between holes to check in and connect

Team Connection Plan
To strengthen team connection and communication, I will:

On a scale 1-10, how well do I know my athletes' routines and preferences?



Choose 2–3 strategies to implement before and during Games:

- ☐ Identify each athlete's go-to snacks and make sure they're packed and available.
 - ☐ Plan ahead for meals: what, when, where, and who's responsible.
 - ☐ Practice hydration routines in training (e.g., "2 sips every 3 holes").
 - ☐ Normalize conversations about energy, food, and hydration, without pressure or shame.
- ☐ Create a backup plan: what happens if food is delayed or forgotten?
- ☐ Coach calmly when things go off-plan. Use it as a moment to model problem-solving.

Write 3 things you'll do to support nutrition and hydration at Provincial Games:

This part is just for you. Not for your athletes. Not for your team.

Right now, I feel most grounded as a coach when...

→

One thing I'm still working on—quietly, internally—is...

→

The version of me that shows up under pressure looks like...

→

Is that who I want my athletes to see?

→

At these Games, I want to show up with...
(Choose 1–2 words. Not roles. Not outcomes. Qualities.)

→

→

So, each morning I'll remind myself...

"I coach best when I..."

→

BUILDING YOU A COACHING PREP PLAN

Fill in the blanks to create your personal coaching prep plan.

I coach this team to help each athlete feel _____
and become _____.

Between now and the Games, we will focus on:

- _____
- _____
- _____

I will support their mental game by _____
and remind them that _____.

At the Games, I will lead with _____, and _____.

My energy will shape their experience.

My daily intention: _____.

My evening reflection: _____.

My Games mantra: _____.



**Write down your prep plan and keep it somewhere
you will always see it!**

