



## ART OF COACHING PODCAST™ EPISODE 72

### BRETT SOLO EPISODE: MOTIVATING LAZY ATHLETES - WHAT NOT TO DO!

According to Brett, what is the difference between a motivator and a drive?

Brett lists a number of factors that affect behavior in ways that might cause someone to appear "lazy". Name at least 3 that you have experienced in your current role. Are there any more you can think of?

"When an athlete is at their most difficult is when they need you the most..." Agree or disagree? Describe an instance in which you've had to deal with a difficult athlete. How did you react? How would you approach this situation differently if it happened again?

Have you ever used militaristic tactics to punish/prove a point with an athlete or team? Would you consider altering this approach? Why or why not?



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**“Vary your approaches like you’d vary your programming. Building buy-in is periodization for people...”** What does Brett mean by this? Do you tailor/individualize your approach for different athletes? If so, how? Have you done a survey, questionnaire, quiz to understand their motivators? What questions have you asked?

**Self reflect:** Why are you a coach? List 5 or more reasons. Now look at your answers. Are most about training/science/sport or are most about people/relationships?

**Imagine you have an athlete who constantly walks into the weight room lethargic, unmotivated and just goes through the motions of the workout. This is not a one time thing, but rather a pattern of behavior. List your plan of action. What do you do first?**



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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