

5 PILLARS OF EXCELLENCE

coach 2 coach series



**TABLE TENNIS
CANADA
TENNIS DE TABLE**

SKATING  SUCCESS™

What it looks like:



Wins!

Medals!



Success!

What it feels like:



Chaos...



Emotions...

Lonely...

SKATING SUCCESS™

Coach
2
Coach!



**DONT
THINK
TOO
MUCH!**



SKATINGSUCCESSSM



5 PILLARS OF EXCELLENCE

PHILOSOPHY & FRAMEWORK

SKATING  SUCCESS™

5 PILLARS⁺

5 PILLARS OF EXCELLENCE
FOR PHYSICAL TRAINING

1

STRENGTH

Full body strength
Rotational strength
Even right side + left side

2

STABILITY

Balance + Posture
Stable on each leg
Power in every position

3

STRETCH

Flexibility & Extension
Reach into More
Deepen your stretch

4

STAMINA

Build your athleticism
Cardio stamina
Enhance muscle stamina

5

STILLNESS

Allow for space
Breathe consciously
Hold your positions

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5 PILLAR PHILOSOPHY

High Performance is attained
when athletes understand,
implement, & synthesize:

STRENGTH
STABILITY
STRETCH
STAMINA
STILLNESS

Use the 5 Pillars of Excellence
to train physical literacy and
maximize athletic results.



5 PILLAR FRAMEWORK

High Performance is attained
when coaches understand,
implement, & synthesize:

STRENGTH
STABILITY
STRETCH
STAMINA
STILLNESS

Use the 5 Pillars of Excellence
to train coaching capacity and
maximize athletic results.

COACH

SKATING SUCCESS™

01

STRENGTH

SEE WHAT
YOU'RE
MADE OF

02

STABILITY

ACCESS
YOUR
ABILITY

HAVE A
GROWTH
MINDSET

03

STRETCH

04

STAMINA

HOW LOOOONG CAN YOU
KEEP GOING MENTALLY?

05 STILLNESS

REFLECT, INTEGRATE, CELEBRATE



Business Strategies




Create your Coaching Success!

SKATING  SUCCESS™



Let's talk Biz

- 
- Clarity
 - Communication
 - Content
 - Creativity
 - Celebration



SKATING SUCCESS™

Clarity



- > get clear on your priorities
- > choose your focus
- > create your coaching niche

#take the leap





Communication



- > hone in on your communication style
- > preferred format & technology
- > frequency & boundaries

#chooseyourcommunication

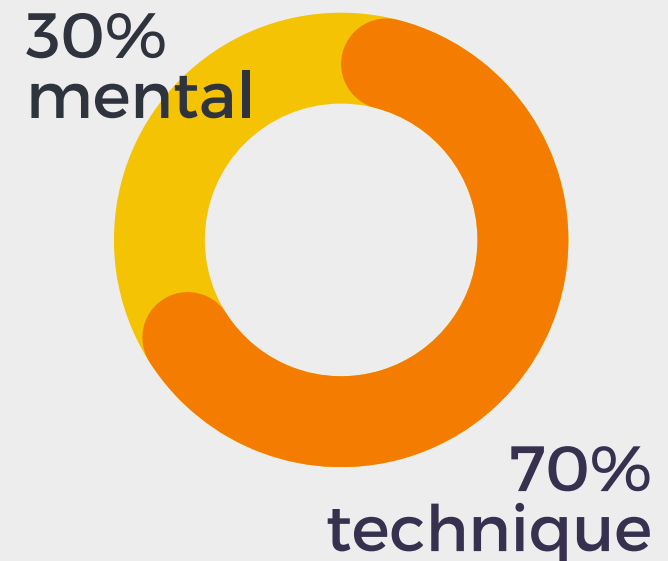




Content

- › simplify your content (& your life!)
- › your coaching methods & formula
- › simply to 'simply-fly'!

#contentforcoaching





Creativity

- > tap into what makes you, well... you!
- > think differently about your approach
- > life experience + sport experience = creative

#creativespirit

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- > praise your own performance
- > be on your own team
- > come up with your personal celebration habits

#coachyourself

Celebration

SKATING SUCCESS™

01

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It's YOU time



- 1 – 5 Pillars Philosophy & Framework
- 2 – Apply the Biz of Coaching Context
- 3 – Pick your Area of Focus NOW!

You've GOT this!

OWN YOUR COACHING PERFORMANCE

5 PILLARS

PHILOSOPHY & FRAMEWORK