

# Tell Me How To...



## Process Over Outcome

<b>TIMING:</b>	15 mins
<b>WHAT:</b>	Movement activity
<b>WHEN:</b>	Training Activity
<b>WHO:</b>	Pair, Group

### SET-UP AND GEAR

- N/A

### INTENDED OUTCOMES

- By breaking a movement into minute steps, players focus on the process rather than the outcome, helping the skills development and also encouraging a growth mindset (the belief that abilities and skills can be developed through hard work).

### ACTIVITY SUMMARY

For this seemingly simple activity, the player must describe step-by-step the process of getting up off the ground, and another player that they are partnered with must do exactly as they are told, but nothing more!

## Activity Outline

2 mins (set-up)      The coach explains the activity and asks for two players to volunteer to demonstrate it ('Tell Me How to... Stand Up'). The rest of the players can gather around to observe.

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5 mins      One player lies on the ground, flat on their back; the other player must explain to them step-by-step how to get up off the ground. The player lying on the ground must only do what they have been told to do, rather than inferring what the other player is trying to say. For example, "lift your leg up" is a very vague instruction - which leg and how high? "roll onto your side" is very different from "use both your arms to roll onto your right side".

As the coach, it is your role to referee this - don't be too lenient with the person describing the process! The aim of this activity is for players to understand how to break down a movement.

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2 mins      Once the player lying down has stood up, ask the two volunteers how they found the activity:

- Did anything surprise them?
- Was it difficult or easy?
- Was the process of standing up harder than they thought?

## Activity Outline (CONTD.)

5 mins Divide all players into pairs or groups of four, and give them 5 minutes to attempt this activity themselves.

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2 mins Once players have completed the activity, gather them together again to find out how they got on. Discuss with your players how it's important to get the basics right and not to rush things. By focusing on the process, the outcome will then follow!

## Tips & Tricks

- This activity can be adapted to suit your sport. Players can be asked to break down any movement, such as: dribbling, kicking a ball, running from A to B, taking a penalty etc.

### PILLAR INSIGHTS

Breaking movements or challenges down into small steps helps players focus on the process rather than the outcome. By focusing on the process, players zone in on things that they can control and quantify, which results in higher motivation and a growth mindset.



#### PSYCHOLOGICAL

At its core, process over outcome focuses on the journey rather than the destination. Players that can break down a movement and practice them over and over again will both develop the skill they are focusing on, as well as a growth mindset.