Creating a Positive Motivational Climate

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Introduction

1. How can we explain motivation?
   o Task vs. ego
     ▪ **Task orientation**: Motivated by the process of self-improvement, increasing knowledge and ability from past performances
     ▪ **Ego orientation**: intent on demonstrating superiority to others, motivated by social comparison and desire to win, competition-driven
   o Intrinsic vs. extrinsic
     ▪ **Intrinsic**: effort is based on enjoyment of competition, excitement, or desire to learn & improve
     ▪ **Extrinsic**: effort is based on the pursuit of external rewards

2. How can we identify what motivates our athletes?
   ▪ Their statements
   ▪ Their behaviors
   o Ultimate goal: learn how players view tough situations and help them make choices that promotes greater effort and desire

3. How can we motivate our athletes?
   o Push the edge
   o Set athletes up for success
   o Vary training
   o Be a support system & encourage peer support
   o Have a “winning” language not all about wins