****

**COACHING THE GEN Z ATHLETE**

*Rob Hahne- NVTBL / Westfield High School Baseball*

[**www.NVTBLBaseball.org**](http://www.NVTBLBaseball.org)

**WHY CAN’T WE COACH THEM HOW WE WERE COACHED?**

* Technology
  + How many likes/friends/re-tweets they get
  + Not forced to have as much human to human or adult to youth interaction
* Information
  + They have so much more access to information
* The Why?
  + They need to know the why
* Attention spans
* Societal changes
* Relationships
  + Creating coachable players
  + Creating teachable moments

**TEACHING METHODS**

* Internal vs. External
  + Cues- How do they respond?
  + Body- self organizing
* Guided discovery
* Ask don’t tell
  + Force them to process information
* Create Competition
  + Fun
  + Learn how to actually compete for something
* Challenge vs Feel
  + On Base U- Block vs Random
  + Mindless reps vs Game-like reps
* Best Coach
  + What is work? How do they work on their own?