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**COACHING THE GEN Z ATHLETE**

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**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?