



The World Rugby & coachup Workbook: Module 5 Risk Doctor

RISK DOCTOR

Today's Outline.

- **Optimize player's risk mindset**
- **If-Then Planning**



WARM UP
ACTIVITY

HOW AM I DOCTORING RISK IN THE TEAM TODAY?

- What did you notice about your players' **mindset towards risk**?
- How do you help your team **prepare for different eventualities** as a coach?

WHAT WOULD YOUR TEAM DO IF THEY WERE NOT AFRAID OR IF FAILURE WAS ACCEPTABLE?

My answer & key notes:

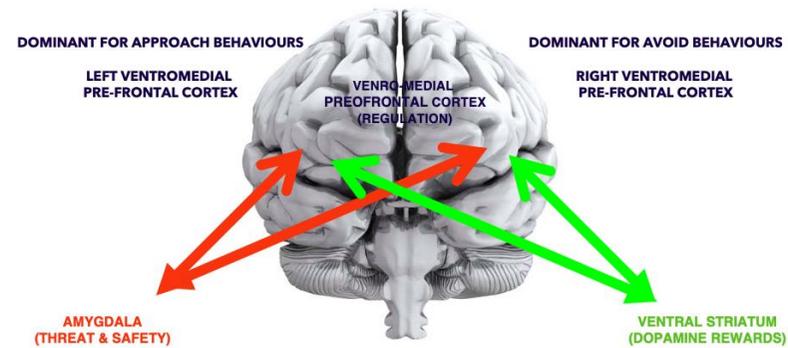
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ACTION = F (PERCEIVED RISK > PERCEIVED REWARD) + CONFIDENCE



Source: The Triadic Brain (Ernst, Pine & Hardin 20016)

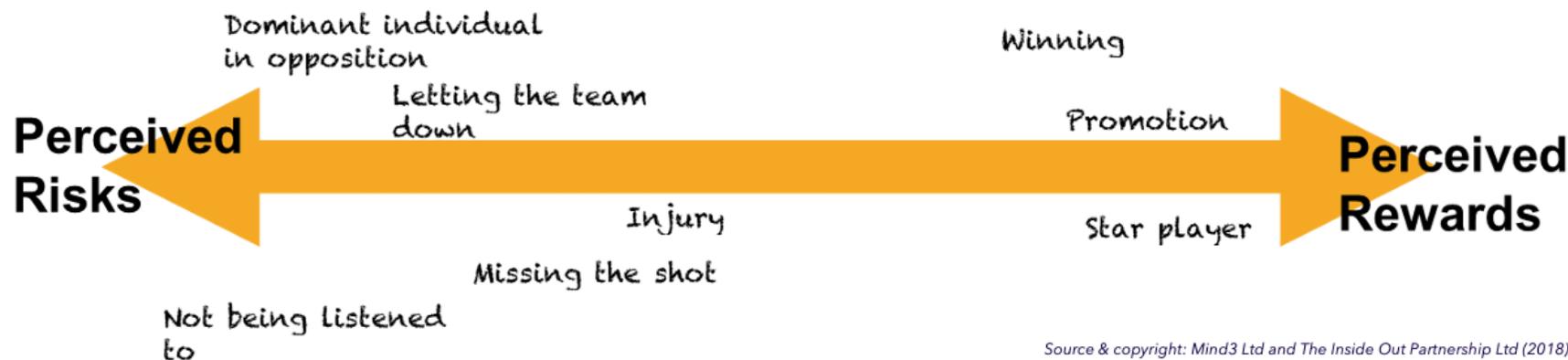
MOVING TOWARDS ACTION

My key notes on **Moving Towards Action**:

RISK VS. REWARD

RISKS AND REWARDS ARE PERSONAL & PERCEIVED.

OPEN A CONVERSATION WITH YOUR TEAM ABOUT WHICH THEY PAY MOST ATTENTION TO?



My key notes on **Risk vs. Reward:**

COACH
REFLECTION

HOW AM I BEING A RISK DOCTOR TODAY?

- How will you surface the **perceived risks & rewards** in the players' minds?
- What are your top 2 coaching habits to **promote the rewards of action?**
- What are your top 2 coaching habits to **downplay the risks of action?**

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What risks and rewards might this player be weighing up?

What risks and rewards might this coach be weighing up and amplifying or minimizing?

IF-THEN PLANNING: WHAT ARE SOME OF THE KEY BENEFITS?

My key notes on **If-Then Planning**:

TEAM



CORE PRINCIPLE

One of our brain's primary roles is to keep us safe, so when we reduce the perceived risk of something, it becomes more attractive to our brain. A powerful way to reduce risks in our decision-making is to reduce the impact of the unconscious biases, which have been shown to lower our decision quality. If we can both reduce the impact of biases, and also the perceived risks, we create a better performance platform.

Key thing to remember: Lower Risks = Better Decisions.

THE WHY

As humans we love certainty because this reduces feelings of anxiety. By planning for certain scenarios we can create more certainty in the players' minds, leading to faster execution and better performance.

THE GOAL

If any of these scenarios occur in the next game, all players know what they need to do so that they can execute the plan quickly, with reduced anxiety levels.

THE EXERCISE

At the start of a training week, bring the team together and brainstorm scenarios that could happen in your next game (e.g. bad weather; player sent off; conceding an early score; key injury, etc.) Rank these to get the 3 most likely. As the coach says 'IF XXX happens, THEN we will do YYY'. Repeat these IF-THEN scenarios so everyone is clear for the chosen three.

PRO TIP

Incorporate these three scenarios into your training sessions (e.g. "Michelle has just been 'sent off', what do you do now as a team?") so that these are understood and rehearsed, rather than merely hypothetical.

COACH
CHECKLIST

Review this list of broader ideas for doctoring the risk.

Which have you already put in place?

Which will you put into place next?

RISK DOCTOR:

- Where is the **focus & attention** of the team? Is it on risks or rewards?
- How will you **amplify rewards & minimize risks**?
- How can you highlight when things **go better than expected**?
- When/how will you conduct **If-Then planning**. What scenarios will you kick the conversation off with?

RISK DOCTOR NOTES:

My key notes on **how** I will apply these insights into my own coaching:

WARM UP
ACTIVITY

UP: CARETAKERS OF MOTIVATION

Ahead of Workshop #6 pay attention to:

- What is the **primary motivator** for each of your players?

FINAL
REFLECTION

CHECK-OUT.

- What's your top **insight**?

- What are your **top 3 commitments** to put into action?

- What could **stop you**? If that happens, what will you do?

FURTHER LEARNING & RESOURCES.



www.coachup.academy website



coachup.academy Memberships

REFERENCES

Ernst, M., Pine, D. S., & Hardin, M. (2006). Triadic model of the neurobiology of motivated behavior in adolescence. *Psychological medicine*, 36(3), 299-312.