

Holistic Movendos wellness coaching for junior floorball players

Movendos coaching for floorball juniors

- SC Classic's 13-14 year old girls' team
- The duration of the coaching was 8 months during the season 2015-2016.
- The goal was to support the holistic wellness and life management of young athletes.
- The themes of the coaching were the follow up of training, increasing daily activity, sleep and recovery, muscle maintenance, nutrition, time management and self-knowledge.
- Most of the players felt that on-line coaching had helped them in different aspects of life.

Coaching in different team sports is focused mainly on specific skills related to the sports in question. However, in young athlete's life also sufficient recovery, having enough sleep, proper nutrition affect greatly on wellbeing and development. Also time management is one of the most important skills, because having enough time for school, for friends and also completely free time along the training is important. Good time management and the ability to tend to your own needs affect the development of skill and abilities, both physical and mental.

Discussions with sport governing bodies and professionals have shown that there truly is a need for new ways to support holistic wellbeing. Even athletic adolescents don't get enough daily small activity during weekdays in school or at home. Daily basic activity has a big impact on the wellbeing of adolescents.

The Finnish Floorball Club Classic wanted to pilot holistic on-line coaching. During the season of 2015-2016 Movendos coaching was carried out with a sports team for the first time. Classic's 13 to 14 year old girls were coached with Movendos for the whole season. The goal was to stir up thoughts about holistic wellbeing and to bring small new things to the players' lives. Naturally the main goal of the program was a good balance between training and recovery. During this pilot coaching was done by Movendos Ltd and the floorball team coaches were involved in designing the content.

Movendos licenses the on-line coaching tool for healthcare, rehabilitation, workplace wellness and coaching professionals in Finland and abroad.



The content of the on-line coaching

The Movendos coaching of the Classic girls started in September 2015 from a wellness survey, which was mapping wellbeing and team spirit. The survey content was the following:

- Floorball training, daily activities and physical health
- Nutrition
- Vitality, recovery and time management
- Team spirit and motivation

The Movendos project included four group meetings: the kickoff meeting, discussion about the survey results, a meeting related to mental coaching and the final discussion. The group meeting regarding mental coaching during January of 2016 focused on managing thoughts and feelings with the help of a short lesson, group works and practical exercises.

"An athlete's life is being an athlete 24/7. It's great that there's a tool to support adolescents through their life as a whole. Individual coaching is also a big part of team sports and Movendos enables increasing individual aspects in team sports." Coach of the Finnish women's national floorball team and the youth director of SC Classic, Irina Peltola.

"Movendos' professionalism was great, and it brought a completely new dimension in team coaching. It's great to get a new tool for comprehensive and individual coaching to support young players." Floorball coach Anu Salminen.

"I see Movendos as a good way to motivate young athletes. The girls recognized how much a holistic athlete's lifestyle effects positively on performance." Floorball coach Juhana Karttunen.

"Movendos has been a nice new content in our daily lives. It has encouraged to try new things." Captain of the C-girls floorball team, Helmi Hirsimäki.

The Movendos on-line coaching tasks were mainly given for the whole team. The duration of the tasks varied from a week to about a month. The sports diary for training and daily activities was given for the whole season. Some players who used Movendos most, were given also individual tasks. During the coaching also tasks related to self-esteem and mental skills were introduced. Many of the crucial games are played between the ears and the mental aspect has a great influence also in life as general.

The on-line tasks of the team

- The sports diary (for the whole season): the follow-up of training and daily activities. The attention was also focused on sufficient recovery and muscle maintenance.
- Sleep diary
- Feeling diary
- Time management: planning the upcoming week
- Food diary and individual feedback
- Creative things habit creation task (the goal was to find moments for creative activity for self-indulgence)
- Outdoor activity (the goal was to increase outdoor activity for adolescents that have indoor activity as their hobby)
- Relaxation exercises (breathing exercises, eye relaxation etc.)
- Relaxation without smart devices after 9 PM
- Quality time with friends (avoiding the use of smart devices)
- Tasks that improve self-esteem and confidence and help to recognize thoughts and emotions

Examples of individual tasks

- Floorball specific tasks involving goal accuracy and ball control
- The training of the goalkeeper's middle body muscles and technique
- The regular trainings of a physiotherapist to improve rehabilitation
- A guide for individual gymnastics to decrease pain in neck-shoulder area
- Improving patience

The results of the coaching

The duration of the coaching was long, about eight months during the whole season. There were about 28 players in SC Classic's C-girls during the season 2015-

2016, and 18 of them used the remote coaching service. 10 team members used the Movendos-service for the whole season, and some used it periodically, for example in two month periods. The players had 2-3 tasks to do at once. The adolescents did about eight task marks a week during the season.

The feedback given by the on-line coach consisted of weekly individual messages for the active users of the service and random cheer-up messages for players who attended more unregularly. Some players exchanged messages actively with the on-line coach. The floorball team coaches had a chance to participate in giving the on-line feedback, but some of the messaging was trusted one to one discussion.

The most important part of the coaching was inspiring new habits, thoughts and new ways of thinking. Many adolescents who weren't active in the program told that they checked out the tasks from time to time or had talked about them with their team mates. Also many of these not so active players started to think about things regarding their holistic wellness.



Results based on the final survey:

- 87,5 % felt that they had less headache after the season. This might be because of several reasons: recovering and relaxing exercises, increased outdoor activity and better sleep of some of the players.
- 79 % felt that on-line coaching increased motivation to daily activity
- 73 % felt that on-line coaching affected positively the amount of muscle management
- Over 70 % felt that the motivation to follow up their training and exercise increased
- About 70 % felt that they could control their emotions and thoughts better
- 65 % thought that it helped to improve the amount of outdoor activity
- 63 % paid more attention to the amount of sleep
- 47 % gained more understanding about a more diverse and sufficient nutrition to support the life of an athlete.
- 45 % felt that they got support to control their own time management.
- 55 % began to pay more attention to controlling the use of smart devices, but only a few managed to decrease the amount of smart device usage during the coaching.
- 40% felt that they had less pains in back or shoulders and neck.

Further plans

Almost everyone of the team players (over 80 %) want to continue with Movendos coaching next season. Based on the on-line coaching pilot experience the follow up of training and daily activities could continue individually for the whole season, but the actual coaching part could be focused on a few months of more intense periods. During that time the focus could move in themes from muscle management, sleep and recovery to nutrition, time management and social skills.

Based on the coaching experiment, adolescents need more support to get enough sleep and recovery and ways to control the amount of smart device usage. A connection between non-recovering sleep and smart device usage before sleeping seems clear. The usage of smart devices before going to sleep affects the quality of sleep, even if the adolescent would fall asleep normally after device usage. Only a small amount, about a third of the players feel recovered in the morning. Enough sleep and enough food supports the adolescent's wellness and it also helps avoiding sport injuries and recovering from training.

One feedback from the coachees was individuality. During the start of the season there could be a compact discussion with a young player that would support individual communications and support also during the on-line coaching. It would be easy to customize individual tasks along the team tasks.

The discussions have brought up also some completely new important aspects in addition to team coaching. Movendos could act as a channel for following up the so called player path along the years. Movendos is also a great support for increasing the holistic wellbeing of athletes and it helps individual support for rehabilitation of sport injuries. Movendos would also enable the national on-line coaching of talents between talent camps, with the help of coaching content, communications or video calls.

One more point of view is the implementation of the team club's internal coaching contents during the season to coaches in different age groups. Here the Movendos coach would work on the club level and the coaches would get content support with the help of the on-line coaching tool. The same principle could be adapted in coaching talented players from all over the country by, for example, a sport academy or a sport governing body.

Movendos thanks SC Classic, the coaches of C-girls and the players for their open-minded attitude and enthusiasm during the program! We're in a good place to continue the development of the on-line coaching practices in team sports.

Movendos is a Finnish innovation

Movendos Oy, based in Tampere Finland, has developed an on-line coaching tool for professionals in the field of health care, rehabilitation and coaching. By Movendos coaching, the professional motivates the customer and helps him to commit for change by small steps. The idea is to enable professional support and concrete individual tasks between the meetings. The coaching can also be done completely on-line by combining the secured integrated video calls and on-line coaching content and support.

The content of the coaching is tailorable, depending on the professional's background and the needs of the group or the individual. The coaching can relate to physical, mental or social wellbeing. Movendos on-line coaching tool can be used with any web browser or with the applications. The background of the company is in health- and behavioral sciences, and the on-line coaching has a high level data security.

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