

I always want to win.

Marco van Basten his biography was published in early December. Under the title "Basta", author Edwin Schoon exposed part of the personality of the former top soccer player of Ajax, AC Milan and the Dutch national team. Ronald Ockhuysen interviewed Van Basten about, among other things, his motives. The article in the Dagblad van het Noorden has the meaningful headline "I always want to win".

Within the ActionTypes Approach, we can trace the Deep Motivational Drivers (DMDs) in addition to the action preferences thanks to the body-mind connection with physical tests. Motivated actions require adequate muscle tone. The DMD tests show when for the person the tonus does or doesn't occurs. Every person turns out to have a static (how do I get open to something new?) and a dynamic (what am I going for?) driver. With regard to the latter: some people go for relation (pleasure), others for competition (challenges) and others for medium-term development (constant need for an innovative plan). After testing, we always hear characteristic stories during the oral validation.

Basta.

We also read this in the articles about "Basta". Childhood friends say about Van Basten that he always wants to win and that he is ruthless in that. Marco about that: "That first is true, yes. That is a deviation. Whether I am ruthless in that, I don't know. I just always want to win. And sometimes I push the boundaries, though. Winning just gives a good feeling. Losing implies something negative, that something is wrong with it. That literally doesn't make me feel good. I feel the responsibility fully resting on my shoulders and I talk myself down: then I am not creative enough, not smart enough, just not good enough. Losing gives me the feeling that I have completely failed. That feeling wears out slowly." To continue with: "In my world a lot is permitted to drag the victory in. The border is being extended all the time. Whoever wants to be the best tries everything."



We recognize the dynamic driver competition and then the extrinsic variant. This one literally says I want to beat the other and be the best. In the eyes of the person in question, much is permitted in this regard, right up to cheating. Deep Motivational Drivers (DMD's) are directly linked to our emotional system. It is the fear of losing that causes tonus and makes the athlete fight for the best result. It is close to the primordial urge to survive.

Earlier statements by the top striker show the training needs of athletes with the driver competition extrinsic. Van Basten said that he has picked up something from all his trainers. From his Milan period it was mainly that every exercise or training form was about something, there was always something linked to the result. To really train with motivation, these athletes need to be able to measure up to others constantly in order to fulfil the urge to be the best. If those opportunities were not there, they would soon be much less motivated on the pitch.

Working as coach.

We read in another article how Marco van Basten dealt with the negative feeling of bad results in his career as a coach. “They didn’t leave. The first two days after a defeat, I felt incredibly bad. In the days that followed I picked up again, but only when I won again did the tension let go. As a result, I lost mental strength, I noticed that in everything. Sleep deprivation is devastating.” Marco about his absolute will to always win: “That is a deviation.” The coach job was not spent long to Van Basten. After a successful period as national coach, he switched - after two years SC Heerenveen - the role of head coach of AZ because of heart palpitations into that of assistant coach. A role in the shelter to stop finally.

Meaning.

Is it a deviation? In the essence it is not, every person has Deep Motivational Drivers with their own needs and peculiarities. These needs require feeding, in the same time you have to keep in mind that both too little and too much is not good. This is also the case for the competition extrinsic as driver. Too little (taking on routine tasks, the autopilot) can lead to a bore-out, too much to a burn-out. With the latter you can think about series of defeats that give the feeling of failure, as Van Basten describes it concisely in the third paragraph. If this feeling persists for too long, then physical complaints lurk. The Japanese Seïtai, from which the background of the Deep Motivational Drivers are derived, speaks of Excessive Partial Tension in such cases. Disruptions of, for instance, the psychological, biological and energetic systems that lead to long-term complaints and are not solved by good night's sleep. Disruptions that need a special treatment and a new balance in life to disappear.

Overshooting in deep motivational drivers? It can happen to the best, according to the story of Marco van Basten.

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authors Peter Murphy and Bennie Douwes.