

# COACHING NOTES FROM COACHING CULTURE

## EPISODE 70: GROWING THROUGH THE DOG DAYS OF THE SEASON



**Personal Reflection:** What has been their day-to-day experience in practice? Are they enjoying the experience? If they are not- you have a tougher job ahead!

**Ask Your Team:** What's our identity as a team?

### Reflect

Coach Report Card: Ask for you players to give you feedback mid-season

Player Report Card: Ask your players to self-reflect on their experience and their behaviors?

### Refine

What changes do we need to make in the way we are operating?

### 2 Aims for the End of the Season

1. We don't want them to be glad when the season it's over.
2. We want them to be playing their best by the end of the season!

Rallying Cry: The scoreboard means nothing when your teammates mean everything.

How are we handling adversity as a coach?

Are we enjoying the experience of growing and the process?

You should be far more concerned about your trajectory than your current outcome.

What do we feel like we are better at than we were earlier in the season?

Do they enjoy the practice and do they believe in the value of the practice?

### Some Ideas to Survive the Dog Days of the Season

1. Community Service
2. Fun Games- Do the drills/ game they enjoy!
3. Yoga
4. Write Thank You Notes

Know the needs of your team!

-J.P Nerbun

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