

# COACHING NOTES FROM COACHING CULTURE



## EPISODE 73 - COACHING YOUR WAY OUT OF A JOB WITH MARK BENNETT

### MARK'S BACKGROUND

- Nearly 30 years in training, coaching, and mentoring coaches
- Served as an instructor in the British Army
- Started Performance Development Systems
- 2006 Mark was awarded the Member of the British Empire (MBE) by her Majesty the Queen for his work in developing the system.
- PDS is aimed at positive sustainable performance impact
- @pdscoach
- pdscoaching.com

### PART 1: GROWING AS A COACH (PERFORMANCE DEVELOPMENT SYSTEMS)

#### INFLUENCING THE INFLUENCERS

- **Raise awareness of coaching behaviors**
- **Developing a system for change**

#### ATHLETE CENTERED

- Coaches need to be able to engage every individual on our team
- Our focus is often on the technical and tactical

**STAGE 1: DEVELOP SELF-AWARENESS- AM I DOING WHAT I THINK I AM DOING?**

**STAGE 2: WHERE AM I? WHERE DO I WANT TO GO AS A COACH?**

**THE AIM OF A GREAT COACH IS TO MAKE THEMSELVES REDUNDANT.  
DEVELOP A TEAM OF ATHLETES THAT CAN:**

1. Manage their own state
2. Make effective choices
3. Execute the choice with intent
4. Review the choice and execution
5. And supervise under any type of pressures
6. Support their teammates
7. Do all this without the coach

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A big difference between coaching and instructing!

Are the players serving you or are you serving them?

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