COACHING NOTES FROM COACHING CULTURE

EPISODE 75 PERFORMANCE IS A BEHAVIOR NOT AN OUTCOME WITH MARK BENNETT

PERFORMANCE IS A BEHAVIOR NOT AN OUTCOME (UAES)

Behavior > Performance > Outcome
How do you win games?
How do you score more than the competition?
How do you get the ball in the basket?
Identify the behaviors….

If they aren't committing to anything, than no tactical changes will improve the performance.

Non-Negotiables
What are the one or two things that if we consistently did this will maximize the performance?
Players set and own. Always drive the non-negotiables.

Examples:

- **A**ttitude
- **C**ommunicate
- **E**ffort

Are we being ACE? Behavioral driven focus.

Team Meeting for Non-Negotiables

1. In the past, when we awesome what did we do? When we were acceptable? When we were unacceptable what did we not do?

2. Of all those behaviors- which 2-3 make the biggest impact?

3. If we set this as a commitment, can we live it? Can we bring this alive in every single moment?

4. If they say yes—we have to live by it.

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EPISODE 74: FOR BETTER OR FOR WORSE? A DISCUSSION SIDELINE BEHAVIOR

UAEs

- Non-Negotiable (1 or 2 for everything in the culture)
- UAE (Unacceptable, Acceptable, Exceptional)
- What would be unacceptable? What would be exceptional?
    - Give examples: In the warm-up, down in a game, etc..
- Before you start a session: What will success look like in a practice?
- UAE can be tactical, technical, or behavioral.
- Establish Behaviors: What if we are unacceptable? Establish some procedures for people to challenge each other and hold each other accountable.
    - "Coach it's one of those moments."
- Do UAEs on being a good teammate!

Post Practice Review for Players

- Self
- Teammates
- Coaches

Post Practice Review for Coaches

- Self
- Other Coaches
- Players

How to Create Safety

- Reinforce and embrace the systems you have to hold each other accountable!
- i.e. Rule of 3, Hot Reviews, Etc…

JP Nerbun
jpnerbun@thriveonchallenge.com
Twitter: @jpnerbun
thriveonchallenge.com

Nate Sanderson
@CoachNSanderson
Nate_S@BreakthroughBasketball.com