

COACHING NOTES FROM COACHING CULTURE

EPISODE 76 THE RULE OF 3 (A TOOL TO DRIVE BEHAVIORAL CHANGE)



Tangible tool that brings principles together!
Share the tool with the players.

Rule of 3

- **Rule 1: Self (Behavior 1st, than technical and tactical)**
 - Am I managing my state?
 - Am I in excellence?
- **Rule 2: Player**
 - Reaching out to have a positive impact on that player.
 - Effective communication is only effective if it has the desired impact.
 - If someone is reaching out to you, you must accept. Accept and embrace feedback from peers. Break down the ego!
 - Coach or Player: Reach out with a hand touch and offer feedback.
- **Rule 3: Coach**
 - Coach steps in because no 2 has stepped in to work with 1. Or they have stepped in but 1 still isn't changing.
 - Players can reach out to coach and ask for help.

Permissions: Critical, gives players and coaches permissions! "No offense intended, no offense taken." –Messiah Method Motto

Develop this in a learning environment.

Review: When did you recognize you weren't at acceptable? Why didn't you step in and intervene? –Don't come in and give me the answer- show me the answer.

Implementation of the Rule of 3

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Sit Down Chat

1. What's the purpose of a coach?
2. What do I need to do to help you become better than that?
3. Share the Rule of 3.
4. What will a successful session look like?

Live Implement

1. Scan and let them play.
2. If we could only change and improve one thing, what would it be?
3. Define UAE in this one thing.
4. Share Rule of 3
5. How long can you stay at acceptable/ exceptional?
6. If coach has to step in at 3, we will reset the timer.
7. Do you want me to shout out when you are unacceptable and give you 10 seconds and shout out feedback?
8. They will struggle with 2! Keep resetting.
9. What's preventing us from staying at acceptable?
10. Train 2- Remind them of how to hold each other accountable.

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