

COACHING NOTES FROM COACHING CULTURE



EPISODE 86 KEYS TO A GAME-CHANGING OFF-SEASON

2019 Becoming a Transformational Coach in a Transactional World

July 22nd-25th

Park City, Utah

- Experiential learning activities that you can take home and do with your team.
- How our brains work to create emotion to better understand ourselves and others.
- Building relationships and a community of supportive coaches that will last well beyond the retreat.

“So you want your players to put in the work this off-season, but how are you developing your coaching this off-season? Coaching is a skill to be developed.”

What would make you a better coach that has nothing to do with tactical or technical skills of your sport?

Develop a Plan for Our Off-Season Development

- Where do you want to grow?
- Informed by: Exit Interviews with players, parents, assistants, and administrators
- We aren't capable of SIGNIFICANT growth in more than one area- so identify the one area.

Deep Dive

- Multiple books on one topic, person, team, or program
- One REALLY good book.
- Not just what you read, but how you read it. How does it apply to my context?
- For examples of how we applied ideas from the Culture Code refer to:
 - [Episode 53](#) - Building Connections (Culture Code Series, Part 1)
 - [Episode 54](#) - Creating Collisions (Part 2)
 - [Episode 55](#) - Building Trust Through Shared Vulnerability (Part 3)
 - [Episode 58](#) - The After Action Review (Part 4)
 - [Episode 59](#) - Establishing Purpose (Part 5)
- After you finish a book, go back over notes, type them up and think about how to apply within your program.

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Book Study with Your Staff - *"There's greater growth when you're doing it together."*

- Intentional Study
- Break book into various parts.
- Use questions to guide the discussion.

Go Outside Your Sport

Talking with coaches from other sports removes tactics and techniques from the discussion allowing you to dig deeper into organizational techniques, relationship building ideas, program management, team assignments, culture building, communication strategies, etc.

Other Tips for Off-Season Development

- Target one thing in your team culture you want to improve! Nate's 2019 focus is "Freshmen Orientation" to the program.
- Use the off-season as an opportunity to try new things out! For example, Implementing a competitive cauldron.
- Use the "extra time" to invest in the player relationships!

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