

COACHING NOTES FROM COACHING CULTURE



EPISODE 96: WAYS TO CHALLENGE AND GIVE YOUR TEAM DIRECTION- BUILDING AN INTRINSICALLY MOTIVATED TEAM PART 2 WITH PETE JACOBSON FROM WINSMARTER.COM

Mentorship to Help You Transform Your Leadership: thriveonchallenge.com/mentorship/

Schedule a Mentorship Call with JP: calendly.com/thriveonchallenge/initialcall
With Nate: forms.gle/5f8VmQ5LM8uN1qJd9

Download Pete's Special Resource: winsmarter.com/coachingculture

Challenge: Operate on the Edge of their Comfort Zone

Create challenges that zero in on so they can operate on the edge of their ability. Not only does it help them improve from a technical standpoint, but you are keeping them engaged!

Zone of Proximal Development: 50-70% of the time they are successful! Differentiated instruction keeps them highly engaged.

Strategies

Plan Ahead: Be intentional in mapping out your training sessions! But be ready to adapt.

Video Game Based Approach: Use a progression of drills or small sided games so they can "level up".

Honest Feedback: Critical to give appropriate feedback to

Direction: A Purpose Greater than their Sport

When you are giving them a greater purpose-- not everything is so tied to winning and losing.

"There's a lot more to basketball than just basketball." -Phil Jackson

Need to get parents bought in to the bigger picture of the sport.

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Strategies

Create a “Coaching Manifesto”: Why do you coach? Vision for Coaching and Core Values- Help us to stay on path and focused on what is most important!

The Poker Chip Tradition: Custom Poker chips with Team Logo and Core Values. 2 Weeks into the Season- Poker Chip Ceremony- Rite of Passage. Every kid issued Poker Chip, carry it with you everywhere! You have to earn back the chip everyday by living out your core values. When a kid has an outstanding day they get another chip. End of the year we go all in on the chips! Senior Gold Chips for end of the season banquet!

Parent Weekly Emails: Schedule for the week, updates on the program. Most critical piece is to acknowledge a few kids who best represented core values during the week! Powerful way to consistently emphasize and give subtle reminders of what you value!

Check Out Pete Jacobson at WinSmarter.Com

Don't miss his special resource for our listeners winsmarter.com/coachingculture

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