

COACHING NOTES FROM COACHING CULTURE

EPISODE 117 WHY AND HOW YOU COACH MATTER IN EVERY MOMENT WITH GUEST JOHN O’SULLIVAN



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“It’s very easy to blame the learner when they don’t learn.” -John O’Sullivan

First Reflect On Yourself: What more can I do for this athlete?

Part I: Why Do I Coach?

Reflect on What it Feels Like to Walk into Your Team

Pete Carroll to Steve Kerr: “That stuff doesn’t matter. You’ve played forever, and you’ll figure out what plays to run and how you want to defend, pick, and roll and all that stuff. I’m talking about what your day is going to look like. What practice will feel like. What are the players going to feel when they walk into your building?”

You need to know yourself, before you can build into your team. and understand your team

Part II: How Do I Coach?

Use Teaching Strategies Based on Research

“A study by the US Department of Education laid out the actual learning strategies that could be backed by science, and that extremely short list contained spacing, interleaving, and testing. In other words, the most effective learning strategies, as backed by actual evidence, demonstrate that long-term learning is often the least obvious in the short term.”

Coaches struggle to adopt these new strategies, because the effects and benefits are long term--not in the short term.

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You can get one of the following 3 Systems

- Competitive Cauldron
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