

The Coaching Culture

Podcast Notes



Episode 207 How to Apply Positive Discipline Tools to Common Behavior Problems | Dr. Jane Nelsen Author of Positive Discipline Part 2

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Guests: Dr. Jane Nelsen

Book: Positive Discipline

Website: PositiveDiscipline.com

Twitter: [@PDTweets](https://twitter.com/PDTweets)

Highlights

- How to Apply Positive Discipline Tools for Parents and Teachers to the World of Sports.
- How to Apply the Mistaken Behavior Tool.
- The Importance of Connecting Before Correcting.
- How to Work with Athletes When They Have Bad Behavior on the Court.

Mistaken Behavior Tool

1. Do you know why you keep interrupting and being such a distraction in practice?
2. Do you mind if I guess?
3. Is it because you want my attention?
4. Agreed upon intervention (i.e., tap your nose to let the player know when he/she is “acting up” in practice).

Mistake Goal Disclosure – Primary goal is belonging and significance.

Four Major Reasons for Misbehavior.

1. Attention
2. Misguided Power
3. Revenge
4. Giving Up

Goal Disclosure (Needs to be friendly – caring about the child and understanding the goal and being willing to give them what they need). It needs to be kind and firm. Connection before correction.

1. Could it be that you want my attention?



2. Could it be that we are in a power struggle and the kid is showing me that I can't boss him around?
3. Could it be that you feel hurt, and you want to hurt back?
4. Could it be that you feel that you can't do it and just want to give up?
5. What can we do to work together so we can solve this problem?

Layout a pattern of individual interactions with athletes where connections become the norm what follows sometimes is coaching and sometimes is just a good job. The more consistent the connection, the easier the coaching becomes.

Difference Between Praise and Encouragement

1. Praise – I'm so proud of you. Looking for external validation.
2. Encouragement – You must be proud of yourself. Help kids to depend on internal evaluation rather than external evaluation.

Timing Makes a Difference in Positive Discipline

- Let people have their feelings when they are upset.
- After the athlete has calm down (I can see that you are upset. I remember times when I felt that way too).
 - o What did you learn from that?
 - o Can you think of some other ways that might help you to handle a little bit better?

Mass Punishment (Don't Do It!!!)

Coaches need to find a better way to inspire and empower kids rather than blaming and shaming as motivation.

Example: How to deal when someone is late for practice for the first time?

Curiosity questions conversational (You ask a question and wait for an answer).

1. What happened?
2. What do you think caused that to happen?
3. How do you feel about that?
4. How do you think it will affect others?
5. What do you think we could do to solve this problem?

Lecture creates defensiveness rather than curiosity questions which invite cooperation.

Shared Responsibility

1. Parents and coaches/teachers need to be on the same page.
2. Class meetings in the classroom.
3. Family meetings.



4. Parent-Teacher conferences talked together about solutions.
5. Ask the child for their ideas.

Dealing with Conflict Between Athletes

1. Beat it – Leave and let them handle it.
2. Bear it – Sit there and watch but don't intervene.
3. Boot them out – If they are going to fight, they need to go outside and fight.

Connecting Before Coaching

1. Is it an incident that just happened for the very first time?
2. If it is a pattern, you need preparation. Teaching in advance.
3. Coming up with a plan.
4. Get down to their level and ask them, do you need a hug?
5. Let me know when you are ready for a high five.
6. Pat on the back.

Takeaways

1. Treat kids with dignity and respect.
2. Treating people with dignity and respect, focusing on solutions, and being encouraging.
3. Recognize the impact that you have on kids' lives.

JP Nerbun

jpnerbun@thriveonchallenge.com

Twitter: [@jpnerbun](https://twitter.com/jpnerbun)

thriveonchallenge.com

Nate Sanderson

[@CoachNSanderson](https://twitter.com/CoachNSanderson)

NSanderson@ThriveOnChallenge.com