

# The Coaching Culture

## Podcast Notes



### Episode 213 How to Be More Intentional as a Coach

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#### Highlights

- Moving from Reacting to an Intentional Response
- Why Coaches Aren't Intentional
- Simple Ways to Be More Intentional

Building off of Dave Brandt's encouragement for us all to be more intentional, Nate and JP dive into what is intentionality, why is it so important, and how you can be more intentional as a leader.

#### Importance of Intentionality

- Intentionality – an educated and an informed response that's aligned with our purpose and our vision.
- How important it is for us to be intentional in everything we do.
- How important it is for our behaviors, the things that we do, our process/procedures in our program to be in line with our vision, with our very purpose as a coach.

#### Responding & Reacting

- Given a moment a pause to reflect on what should be said.
- Instead of reacting emotionally, think before you speak and try to figure what does the team need the coach to say in a specific moment.
- Instead of reacting or responding after the fact, a lot of work is put in on the front end to anticipate possible obstacles, challenges, conflicts, etc.
- If something happens, how do we want to respond.
- Everything that we chose to do is aligned with our purpose.
- Engaged in every situation with intentional purpose as to how we want to act, how we want to respond, and how we want to coach our team forward.

#### Learning from Our Experiences

- When something happens again, we know how to respond.
- Put a plan in place where we can be intentional with our interventions, and our strategies to address an issue.
- Look at your practice plan and try to anticipate issues so you can use the best coaching practices for that moment.

#### Prepare the "Battlefield"

- Plan and invest in preparing for possible issues and challenges.



- Don't try to figure out things on the fly—have a plan.
- Plan and prepare for the challenges that you might see with your program during the year.
- List the things/situations that you could see during the year in terms of impacting the culture.
- What are the likely things that we need to prepare for and start coaching into those things before is necessary so that we have the skills, and we have a game plan to be able to respond when those things happen?

### **Silence Before the Storm**

- When things are going well, try to anticipate. What's coming up? What's next?
- Is there anything that could go wrong?
- What are the potential obstacles on the road?
- What part of our program can we elevate?
- Is there a better way of doing something?

### **Building Resilience in Young People**

- Expose them to stress that's predictable, moderate, and controllable.
- By being intentional about anticipating things that could go wrong; we are allowing players not to be surprised.

### **How to Improve Something in Your Program – SENIOR NIGHT**

- Ask alumnae about their senior night experience.
- Ask parents what senior night was like for them when their daughters went through.
- Ask the underclass about what's the best way to honor the seniors.
- Talk to our coaching staff and other coaches from other sports.

**“You are either coaching it or you are allowing it to happen.” –Mike Leach**

### **Playing Time**

- Define player's role.
- Communicate with players about their role.
- Possible questions to ask players before games (identify some potential issues):
  - How many minutes do you expect to play in tomorrow's game?
  - Could you describe your role within the game?

### **When Things Are Different**

- Do we need to coach differently when we are anticipating or going into games that are going to feel different?
- Talk about the game—how is it going to feel different?
- What happens if we win this game?
- What happens if we lose?
- Surface some potential fears, pressures, and expectations.
- No matter the outcome, how are we going to benefit from this experience?



- What is going to be unique about this experience that we don't get from other games that we want to make sure that we enjoy?



### Resources for Intentionality

- Asking former players about their experiences at the banquet, senior night, etc.
- Do the alumnae have better ideas about senior night or banquet?
- Three questions:
  - What was your experience like?
  - What could your experience have been?
  - What would be a great experience and how can we create that experience?

### Takeaway

1. Finding areas of your program and ask how we can improve it.
2. You can get better at almost everything single thing that you could do.



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