

The Coaching Culture

Podcast Notes



Episode 214 Tales From the Trenches: Leadership Lessons with 14-Year NFL Veteran Brad Meester (part 1)

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Guest: Brad Meester

Website: <https://www.mountvernonfootball.com/>

Twitter: [@MustangFB1](#)

Meester Discusses:

- Playing for legendary HS coach Ed Thomas
- What he learned under four NFL head coaches
- What leadership looks like in an NFL locker room
- Transitioning from the NFL to HS coaching

14-year NFL veteran Brad Meester joins the podcast to discuss how his playing experiences shaped his coaching philosophy today as a high school football coach.

High School Experience – Playing for Coach Thomas

- “If all ever taught you was X’s and O’s, I have failed you as a coach.”
- It’s about life lessons.
- Building character.
- Pride in everything you do, on and off the field—doing the right thing all the time.
- Care about your people.
- Never forget where you came from.
- Be humble and have pride on what you do.

The Locker Room and On & Off the Football Field (Coach Thomas)

- Treated players the same way.
- Expected the same thing out of everyone.
- Earned respect with his actions.
- Lead by example.
- Responsibility to the community.

Coaching Philosophy

- Make sure that players know your expectations.
- Give everything you got.
- Love the game and have fun.



Team Culture and Cohesiveness

- Everyone is there for the same cause.
- Accept people's mistakes.
- Bonds are built and developed in the locker room.
- Don't be afraid of sharing your feelings.
- Be compassionate.

Team Leaders

- Be vocal when there is something important to say.
- Be there for your teammates.
- Stand up for people when things are not right.
- Take care of your teammates—lead by example.
- Be genuine.

Transition From a High-Level Athlete to a Normal Guy

- Have something to do after you retire.
- Have a goal (i.e., school).
- Find a new purpose.
- Know who you are—what you do/did is not your identity.
- Find a balance.
- Have quality time with your family.
- Family comes first.

JP Nerbun

jpnerbun@thriveonchallenge.com

Twitter: @jpnerbun

thriveonchallenge.com

Nate Sanderson

@CoachNSanderson

NSanderson@ThriveOnChallenge.com