

COACHING NOTES FROM COACHING CULTURE

EPISODE 74: FOR BETTER OR FOR WORSE? A DISCUSSION OF SIDELINE BEHAVIOR



STEP 1: SELF-AWARENESS

Understand the effect of our communication and behavior.

Mike Neighbors: “As much as I thought I was a process coach, I realized I was a results coach because I reacted to the scoreboard.

VIDEO RECORD OR AUDIO RECORD YOURSELF DURING A GAME.

How am I impacting and influencing our team?

The way our team plays can be an emotional experience for our team.

Are my words making us better or are they making us worse?

Nate’s Commitment: I never want to introduce tension into the team.

Activity 2: Ask your players, “How does it feel to be coached by me during the games?”

Ineffective, Effective, and Beneficial Communication

Beneficial communication isn’t just getting the desired effect, but benefits the person and the team culture.

We need to create space for players to bring energy.

What does my team need from me in this moment?

Tough losses and big wins we have opportunities to teach character in these moments.

“You are not operating as a transformational coach when you use anger and fear as a motivator.”

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4 Steps to Change

- Film/ Record Yourself
- Ask Players and Assistants for Feedback: “How does it feel to be coached by me?”
- Empower Players and Assistants for Help and Immediate Feedback
- Note Card Activity: +, -, Informative: Immediate Reflection and Communication

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