

COACHING NOTES FROM COACHING CULTURE

EPISODE 80 CHANGING THE GAME WITH JOHN O'SULLIVAN



The Biggest Needs for Coaches to Change

Why do I coach the way I coach?

- We need to be using the latest science and research around skill acquisition, behavior, and teaching.
- Learning the game and playing the game are not separate.

How does it feel to be coached by me?

- Do they feel love or do they feel respect?

Games Based Approach

- Confront players with decision making!
- 1000 decisions versus 1000 jump shots
- Blocking Practice- Non Transferrable
- Send kids home with a ball- block practice in individual work.

Push Back from Players and Parents

- The parent doesn't understand skill acquisition, they aren't experts in this area.
- Parents are most likely to be your allies, if there is a back and forth.
- Include parents in emails/ texts giving positive affirmation.
- Reaching out to parents when kids struggle.
- When you are trying to get the best out of your players- bring the parent in! (Urban Meyer)

Building Trust

- Dependable
- Connection
- Believable

John O'Sullivan

Way of Champions Podcast

ChangingTheGameProject.com

[Ted Talk](#)

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JP Nerbun
jpnerbun@thriveonchallenge.com
Twitter: @jpnerbun
thriveonchallenge.com

Nate Sanderson
@CoachNSanderson
Nate_S@BreakthroughBasketball.com