

COACHING NOTES FROM COACHING CULTURE



EPISODE 90 ALLOWING ATHLETES TO STRUGGLE IN THE AREAS THAT MATTER WITH GUEST HEATH ESLINGER

Mentorship to Help You Transform Your Leadership: thriveonchallenge.com/mentorship/

Schedule a Mentorship Call with JP: calendly.com/thriveonchallenge/initialcall

With Nate: forms.gle/5f8VmQ5LM8uN1qJd9

“It’s time we write a new prescription.”

- We are saving kids from the struggle.
- What’s a struggle? What struggle really matters?
- Organic Struggle: We have to allow them to struggle in the areas that matter the most. Struggling with skills isn’t really a struggle.
 - #1 Relationship- They have to figure out how to work things out with other humans.
 - #2 Responsibility- There are certain things they have to do and a time they have to do them.
 - If a kid can make the all-star team, but can’t make his bed than he isn’t responsible.
 - Struggle is age appropriate. A 6 year old struggle has a 6 year old consequence.
- The earlier you experience consequences the smaller the scars.
- If we are waiting to high school or college to teach these things than we are probably too late.

Allowing Athletes to Struggle

- We continue to delay the consequence of bad habits.
- Create environments where kids learn implicitly.
- We’ve robbed kids of the ability to just figure things out!
- Teaching kids how to talk and walk we don’t put them through “classes”.
- They aren’t uncoachable, they just don’t know how to learn.

III Equipped Kids in the Struggle

- It will never happen until you coach and educate their parents.
- You have got to build a bridge between the parent and yourself.
- Parents are our greatest asset. The kids we coach will never grow through the struggles if we don’t work with the parents.
- **Kids need: A rage to master and the ability to learn quickly.**

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Advice for College Coaches

- Look for it in your recruits.
- You need to know your standards and you better not waver.
- Let people experience the consequence quickly.
- **A coaching staff who was 100% in alignment and ready to back you.**
- The pressure will squeeze the worst out of us, so we need to have the right people around us. (Mentorship)
- Behaviors have cost coaches a lot more championships than tactics.

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