



Episode 149 & 150 with Greg Tonagel

The Competitive Cauldron Training and Spreadsheet

The Competitive Cauldron is a simple system helping you to objectively track and rank your players practice performance. The result is players are more bought into their role and more competitive in practices.

- The training will help you to design and implement the cauldron within your program.
- The spreadsheet will track each players win% and rank throughout the season!

[Link to the Training](#)

Coupon Code: CCPODCAST

Episode 149 The Pursuit of Deeper Influence Part 1

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Greg Tonagel

Indiana Wesleyan University Men's Basketball

<https://www.iwuhoops.net/>

@IWUHoops

What ways have you stayed the same? How have you evolved over the years?

- The importance of keeping things simple, not only schematically, but culturally.
- Drilling down in who I am as a coach and understanding my weaknesses.

What has kept you at Indiana Wesleyan all these years?

- I just want to be influential. I want to be influential in my home, if I am not influential there then I cannot be influential outside the home.
- What would happen if we pursued influence more than fame? What's more important than anything else in influence is depth. The way to have depth in a program and in relationships is to stay.



Many coaches feel their influence could be magnified by climbing to higher levels.

- You aren't always trying to get something out of your players. They are not commodities

When you coached from a place where your players are commodities, what did those coaching behaviors look like?

- Anytime you "use anybody" you place a value on them that is dependent on not who they are, but what they do.
- Coaches are dying to get into coaching, but it is also one of the loneliest professions.

How do you build relationships with players where basketball is not the driver?

- Imbedded into our IAM3rd Philosophy: God, Others, and Self 3rd
- If you want to be first, you need to find a way to put yourself 3rd.
- If you look out for the needs of others you will get what you want.
- Winning is ensued, not pursued.

How do you build the IAM3rd Culture?

- Your team can only go where you have gone as a leader.
- You have to be upfront and grow as a leader.

What are Junkyards?

- Shared suffering and physical conditioning.
- I am with you... I need you just as bad as you need me.
- You won't make it unless you are pouring into somebody else.

How do you create experiences for others?

- Our society places value on a self-made man, but we try to create shared experiences.
- We choose to do prison visits, mission trips, etc..
- Father and son retreat or experience: Get the players to share the growth that is happening in their lives.



Episode 150 with Greg Tonagel Part 2 Creating the IAM3rd Culture

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Motivating through Vision Not Fear

- So many of our coaching decisions.
- Common Fear Behaviors
 - Overcoaching and underleading
 - Anger outbursts
 - Frustration
 - Huge scouting reports
- Fear can't occupy a mind the same time freedom does, basketball needs to be played in a place of freedom.

What does IAM3rd look like in your practice?

- More mentality than scheme...
 - Offensively: Catch fearless and create for a teammate
- Me first radar... always on the look
 - Our leaders will take care of stuff before it gets to me

Player Roles

- The hardest part of coaching is to align along a common vision.
- You must tie to a vision of greater than basketball
- If you struggle with selfishness now, what type of husband will you be in 5 years?

Where do you see yourself needing to grow the most?

- Daily death to self, we are wired to be successful

How do you balance home life, marriage, and coaching career?

- There is no balance between family and world. There is just priorities.
- Kids are invited everywhere- on the bus, on the court, etc...

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