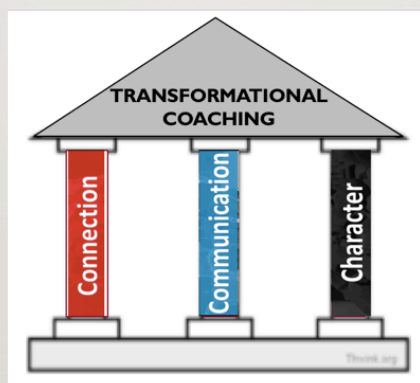


“Becoming a Transformational Coach”



Developed by Joe Thomson, ETA356

2/2018

Module One: Connection

**The #1 quality of an athlete's "favorite" Coach
(from the sticky note exercise)**

The sticky note exercise shows athletes need:

80% of this from coaches - _____

20% of this from coaches - _____

**The 3rd most important Fun Factor kids identify in
their coaches: (according to Fun Maps research)**

3

**Amanda Visek found out the top 5 qualities of
coaches according to kids are:**

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

**Best Practices for Connecting with my players
when they arrive at practice every time:**

1. _____
2. _____
3. _____

**The Circle of Champions Process (including why a
circle & which hand should be in the circle):**

Module Two: Communication

2 of the top 5 qualities of great coaches that have to do with Communication:

1. _____
2. _____

Timothy Gallwey's Performance Equation:

$P (\text{_____}) = P (\text{_____}) - I (\text{_____})$

Potential is - _____

Interference Could Be: _____

The Stroop Effect:

The Stroop Effect Causes: _____

It is caused by: 1. _____

2. _____

This effect will _____ the processing speed of athletes during games.

Methods of Effective Communication:

1. _____
2. _____
3. _____
4. _____
5. _____

The Rule of One:

The Magic Question:

Module Three: Character

The Influence of a Coach:

It is never _____

Which means we must _____

develop character in our athletes.

John Wooden on Character:

“ _____

_____”

Mark Bennett's Concept of Performance:

Performance is NOT about _____, it is about _____.

Turning Core Values into Core Behaviors:

Two things must happen –

The Team must: _____

The Coach must: _____

Habits of Excellence are: _____

The Team Values Session:

First List: _____

When done, all players should: _____

During the season be sure to: _____

2-Hour Team Values Session

1

Team Start List

Each player has a sheet of paper and you have a whiteboard or large sheet of paper. Have everyone discuss the things they did last season they want to keep doing (hustle, communicate, be positive, etc).

2

Team Stop List

Now have everyone list the things they did last season they want to **stop** doing or things they want to improve. (This can be completed by teams that played together the prior season.) Steps 1 and 2 help create your **Start/Stop List**.

3

Qualities of a Great Teammate

Have players list 3-5 phrases or words that describe a great teammate. They should write these words on the piece of paper you gave them. You may need to prompt them or have a teammate give an example to start.

4

The Core Values

Ask each athlete to share their list. Write the words on the BOARD. Ask players to raise hands if they had the same words. Pick the 3-5 with the most votes. You may have to add a word no one listed. These are your Values.

5

Defining the Values

Write the 3-5 Values on a piece of paper and have the players define each one. As you define them, talk about what those values look like in action. What would someone do to show respect, for instance?

6

Commitment to the Core Values

When you have defined and clarified what those words look like in action, have every athlete sign the board. You now have your commitment to the Core Values. Take a picture. Send it to them, their parents and to us!

7

Value of the Day

Each practice, pick a value and talk about it. Ask players to define it. Hold them accountable for living those values in training and in games. Reward them for epitomizing the values. The more you talk about them, the more real they become.



www.ChangingTheGameProject.com

Team Values Worksheet

Team Name:

Player Name:

Season:

Start/Stop List

Start

Stop

Qualities of a Great Teammate

We Will Turn Our Core Values into Core Behaviors!

VISIT ETA356.COM

ETA356 TEAM LESSONS

CHARACTER

- +1 Champions Do More
- 3-Sided Coin
- 10 Things That Require No Talent
- 11 Traits of the Best of the Best
- 30-60-10 The Enemy We Face
- Burn Your Goals (Series)
- Fireworks or Compass?
- G.A.U.G.E. Your Mental Toughness
- Girl in the Glass
- Legend of the Golf Ball
- Icebergs & Skyscrapers
- "Make It a Great Day"
- Never Let Anyone Eat Alone
- Overcoming Mistakes – Changing Momentum
- Pound the Rock – Pursue & Persist
- Sea Turtles & Distractions
- Shark or Goldfish? (Handling Change)
- Soldiers, Not Warriors!
- The Desert
- Thermostat or Thermometer?
- Think B.I.G.
- Two Wolves & The Personal Computer

COMMUNICATION

- 4 H's
- Dabo's Safe Seat
- Focus - Keep It or Get It!
- Journaling
- The Life Sentence
- Nails in the Fence

CONNECTION

- 1 Magic Question
- "Bustin' Loose"
- Confidence – A Choice
- Man in the Arena
- Girl in the Glass
- Man in the Glass
- Telescope or Microscope?

TEAMBUILDING

- 21 Ways to be a Great Teammate
- Bring the Juice (Power of Put Ups)
- Energy Vampires
- Half Hearted Kamikaze
- Hot Air Balloons & Geese
- Lessons from Geese
- Perfect Doughnut
- R.O.A.R.S.
- Remember the Season – 7 Takeaways
- Respect the National Anthem
- Row the Boat
- Senior Week Ideas
- Spotlight Card
- Spotlights
- Sweep the Shed
- Team Ball
- The "Link"
- Top 10 Teambuilding Ideas
- LEADERSHIP SERIES
- 7 Traits of Elite Leaders
- L.E.A.D.E.R.S.
- Captain's Handbook
- NFHS Captain's Course Manual

VIDEOS

- Fireworks or Compass?
- Pat Croce – Unlock Your Mind
- Adversity – Reframe It
- Brian Tracy – 100/0 Principle
- Coaches Impact – Kenny Chesney
- Cut the Rope!
- Facing the Giants – You Can Do It!
- Friday Night Lights – Be Perfect
- Fun by the Mighty Mites
- Gladiator – What is Your Name?
- Greg Dale – 2 Things an Athlete Controls
- Greg Dale – Let Captain's Design Practice
- Jon Gordon – Be Positive
- Jon Gordon – Eliminate Energy Vampires
- Jon Gordon – Feed the Positive Dog
- Lessons from Geese
- Man in the Arena
- Mayonnaise Jar
- Motivation – 8 Inspiring Minutes
- Navy Admiral – Make Your Bed
- Navy Admiral – 10 Lessons Learned
- Never Give Up – Big T.
- Parable of the Two Wolves
- Patch Adams – See the Unseen!
- Pencil & Eraser (Coach & Player)
- R.I. Little League Coach's Speech
- Rocks, Pebbles & Sand
- Row the Boat – Coach Fleck
- Stuck on an Escalator – Take Action!
- Wisdom of a 3rd Grade Dropout
-

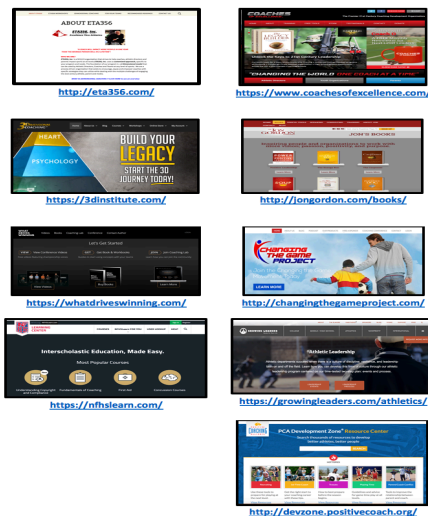
PRESENTATIONS

- 1.1 - "THE 3D COACH" 2017 (26-50).pptx
- 1.2 COACHES - 3D - 10 CORE MODULES.pptx
- 1.3 COACHES - YOUR INFLUENCE AND THE JOURNEY...pptx
- 1.4 COACHES - "5 WAYS TO MAKE AN IMPACT" (30)
- 1.4 Worksheet - 5 Ways to...ake an Impact (Worksheet)
- 1.5 COACHES - UNDERSTANDING THE MIND.pptx
- 1.5 Worksheet - Understand the Mind Workbook
- 1.6 COACHES - "DEVELOP...PLAN FOR PARENTS" (14)
- 1.7 COACHES - ADVICE F...LING 3 TYPES OF PARENTS
- 1.8 COACHES - BENCHMARK...FORMATIONAL PROGRAM
- 1.9 COACHES - J. Marx - R...fining Success as a Coach
- 2.1 AD's - "LEAVE YOUR LEGACY AS A.D. (16)
- 2.1 Worksheet - 5 Ways to Leave Your Legacy
- 3.1 TEAMS - MASTER RETREAT TEMPLATE
- 3.1.2 TEAMS - THE JOURNEY Team Retreat - Original
- 3.2 TEAMS - TEAM GOALS
- 3.3 3D PYRAMID WITH VALUES.pptx
- 3.4 TEAMS - THE 4 ATTITUDE GAMES
- 3.5 TEAMS - SOLDIERS, NOT WARRIORS.pptx
- 3.6 TEAMS - LETTING GO OF THE OUTCOME
- 3.7 TEAMS - HANDLING DISTRACTIONS.
- 4.1 PARENTS - 7 THINGS TO HELP YOUR CHILD .
- 4.2 PARENTS - BEING A 21stc ATHLETES PARENT (11)
- 5.1 POSITIVITY SERIES
- 5.1 Worksheet POSITIVITY SERIES
- 5.2 You Were Born to be Great

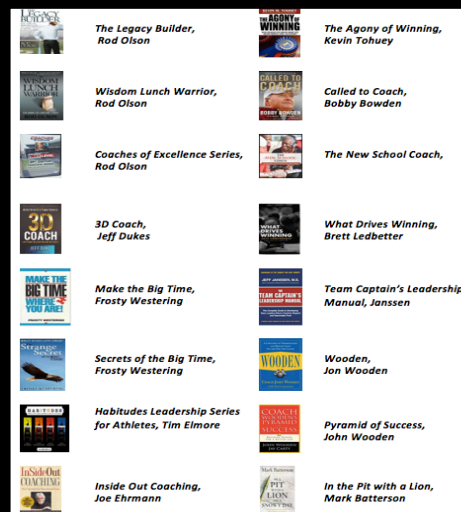
LESSONS FOR TEAMS & COACHES

VIDEOS & PRESENTATIONS

ETA356 RECOMMENDED WEBSITE RESOURCES



RECOMMENDED WEBSITES



RECOMMENDED AUTHORS & BOOKS