



# COACHES OF IMPACT WORKBOOK



## COACHES OF IMPACT

IT'S ABOUT THE JOURNEY - MINE AND YOURS - THE LIVES WE CAN TOUCH, THE LEGACY WE CAN LEAVE, AND THE WORLD WE CAN CHANGE FOR THE BETTER."

T. DUNGY



CLICK BELOW TO COMPLETE EACH SECTION

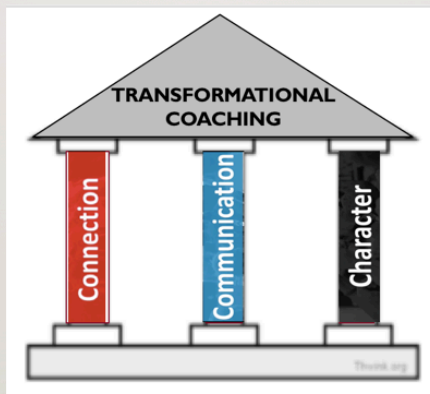
- HOME
- INTRO : "START HERE TO BEGIN"
- 1. CONNECTION
- 2. COMMUNICATION
- 3. BUILDING CHARACTER
- WRAP UP: "BRING IT IN"
- CONTACT US

WELCOME TO THE COACHES OF IMPACT SERIES.  
THE SERIES HAS 5 SECTIONS AND IS DESIGNED TO HELP YOU BUILD BETTER AND STRONGER RELATIONSHIPS WITH YOUR ATHLETES.

ON THE LEFT SIDE YOU CAN WORK YOUR WAY THROUGH EACH SECTION.

[CLICK HERE NOW TO DOWNLOAD & PRINT YOUR WORKBOOK](#)

## "Becoming a Transformational Coach"



## MODULE 1: CONNECTION

**The #1 quality of an athlete's "favorite" Coach is:**  
(from the sticky not exercise)

**The sticky note exercise shows athletes need:**

**80%** of this from coaches: \_\_\_\_\_

**20%** of this from coaches: \_\_\_\_\_

**The 3<sup>rd</sup> most important Fun Factor kids identify in their coaches is:**  
(according to the Fun Maps research)

**Amanda Visek found out the top 5 Qualities of coaches according to athletes are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Best Practices for connecting with your players when they arrive at practice every time are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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

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## MODULE 2 : COMMUNICATION

2 of the Top 5 Qualities of great coaches that have to do with Communication are:

1. \_\_\_\_\_

2. \_\_\_\_\_

Timothy Gallwey's Performance Equation states:

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

POTENTIAL is \_\_\_\_\_

INTERFERENCE Could Be \_\_\_\_\_

### THE STROOP EFFECT

The Stroop Effect Causes: \_\_\_\_\_  
\_\_\_\_\_

It is caused by: 1. \_\_\_\_\_

2. \_\_\_\_\_

The effect will \_\_\_\_\_ the processing speed of athletes during games.

### METHODS OF EFFECTIVE COMMUNICATION ARE:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**The Rule of One:**

**The Magic Question:**

### **MODULE 3: CHARACTER**

**The Influence of a Coach**

It is never \_\_\_\_\_

Which means we must \_\_\_\_\_ develop character in our athletes.

**John Wooden on Character says:**

**Mark's 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).

**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.

**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?

**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.

**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**.

**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.

**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!



[www.ChangingTheGameProject.com](http://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**



## COACHES RESOURCES



### LEVEL 1 INTRO TO TRANSFORMATIONAL COACHING

**COACHES OF IMPACT** IS A SELF PACED INTERACTIVE PROGRAM

IT WILL COVER THE BASICS OF MOVING FROM BEING A TRANSACTIONAL COACH TO A TRANSFORMATIONAL COACH.

ALLOW 1 HOUR TO COMPLETE.

### LEVEL 2 HOW TO BECOME A 3D DIMENSIONAL COACH

YOU WILL BE DIRECTED TO THE **3D INSTITUTE WEBSITE**

YOU WILL BE ABLE TO CHOOSE FROM A VARIETY OF PRODUCTS. TO GET STARTED WE RECOMMEND YOU START WITH "THE ESSENTIALS OF 3D COACHING"

ALLOW 1.5 HOURS TO COMPLETE.

