

MENTAL APPROACH FOR COACHES

TEACHABLE MOMENT

1. Who am I teaching?
 2. What am I teaching?
 3. Where am I teaching?
 4. When am I teaching?
 5. Why am I teaching? (Motives)
 6. How am I teaching?
1. Coaching is giving them hope – there is hope, there is help
 2. You win a war in boot camp – build discipline
 3. Servant goals vs. selfish goals
 4. Give directions that cannot be misunderstood
 5. Sweat with the players
 6. Be a student of the game
 7. Be a Critical Thinker
 8. TEACH
 9. Servanthood – Those who would be first, must be last
 10. Reputation is what people think you are, Character is who you are
 11. Pornography is like Leadership – I can't define it, but I know it when I see it
 12. Learn your personality – Do not clone yourself
 13. Dick Motta – Got in the worst possible mood before practice so he could be alert & observant
 14. Be a good Reflector – teach kids how to teach themselves
 15. See it correctly, Feel it Correctly, Repeat it correctly
 16. Politeness and Courtesy
 17. Hard to get away from the limping until you throw away the crutches
 18. Be the kind of person that makes the difference in someone else's life
 19. Collective Responsibility – Collective Ego
 20. Make the game simple and easy to learn
 21. Winning is a by-product of giving
 22. Be good to young and old people, because they cannot do anything for you and your doing it for the right reasons
 23. Coaching is like surgery – it's not successful until you close it
 24. Defuse anger by speaking softly
 25. Timing in firing someone is important, more important than the firing itself
 26. It's not what you teach / it's what you emphasize
 27. Mistakes – Recognize, Admit, Learn, Forget
 28. Wooden – Never lie, cheat, or steal / Don't whine, complain, make excuses
 29. 4 Laws of learning 1) Demonstration 2) Imitate 3) Correct the Imitation 4) Repetition
 30. America – where adults are treated like children and children are treated like adults
 31. The law of the farm – you cannot fake hard work / you cannot fake the harvest
 32. People like you by what you see in them
 33. The people who think they are the worst are usually the best
 34. "Anger is a weed, Hate is a Tree" St. Augustine
 35. We all do dirty jobs
 36. If you go into coaching for the money – you won't make it
 37. You must be generous to be prosperous – Don't do the right things for the wrong reasons
 38. Preparation – Teach, Compete, Close
 39. Harder to build good will than it is to build bad will