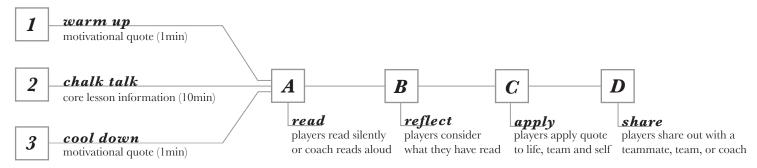
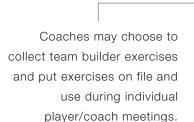
COACH'S GUIDE

BELOW ARE JUST A FEW IDEAS ON HOW TO SETUP A LESSON FOR YOUR TEAM. FIRST, SELECT A CORE VALUE LESSON THAT YOU FEEL WILL MOST BENEFIT YOUR PLAYERS AND TEAM. LESSONS DO NOT NEED TO BE USED IN ANY SPECIFIC ORDER AND ARE DESIGNED TO BE TIME EFFICIENT. EACH LESSON IS LOADED WITH POWEREUL TEACHING POINTS AND DISCUSSION INFORMATION.

LESSON BREAKDOWN



TEAM BUILDER EXERCISE



Coaches may choose to have players keep team builder exercises, share with parents and put exercises in team binders and use them in future team meetings for evaluation and accountability.

player challenge

A specific challenge given by the coach or captain to the team to promote a core team value or individual players challenge to self (5min) -Challenges can be given verbally to entire team by coach or captain

-Team can brainstorm a specific challenge for that week or month

-Players can individually challenge themselves and share out with a teammate



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player evaluation

Players evaluate themselves in specific areas of focus and average their scores to come up with an overall Performance Rating (5min)

-Players individually rate themselves and share out with a teammate or coach -Coaches average player scores for the team to come up with a

Team Performance Rating and can use the data for team discussion

3

power questions

Questions designed to make players reflect and put into writing how to become a better athlete, team member and person (5min)

-Players individually answer questions and share out with a teammate or coach -Create small groups of players(2-3) and work through questions as a group

act of servant leadership

Players give a specific example of how they will serve their teammates (5min) -Players individually make a "service" goal and share out with a teammate or coach

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