

Double-Goal Coach: Coaching for Winning and Life Lessons

CULTURE = THE WAY WE DO THINGS HERE

DEVELOPMENT ZONE CULTURE

Each group in your organization has a role to play in building and maintaining the culture.

- **Single-Goal Leader** - Shapes Culture: Creates and defends a Development Zone
- **Double-Goal Coach** - Strives to: Win & teach life lessons
- **Second-Goal Parent** - Focuses on: Helping Kids absorb life lessons
- **Triple-Impact Competitor Athlete** - Works to better: Self, teammates, and game

PCA Model of Coaching: Strive to Win & Teaching Life Lessons

ACTION #1 - TEACH LIFE LESSONS - Be intentional.

LIFE LESSONS TOOLKIT:

- Focus on your WHY
- Seize Teachable Moments
- Ask "How can this apply outside of sports?"

PRINCIPLE: ELM TREE OF MASTERY

ACTION #2 - NUTURE A GROWTH MINDSET - Build resilience.

MASTERY = FOCUS ON CONTROLLABLES

Focusing on ELM can help athletes remember what is in their control:
Effort, Learning, Mistakes are tools for growth and learning

MASTERY TOOLKIT

- Reward Unsuccessful Effort
- Control the Controllables
- Mistake Ritual

PRINCIPLE: FILLING EMOTIONAL TANKS

ACTION #3 - FOSTER POSITIVITY - There is no downside.

THE MAGIC RATIO- 5:1 Tank Fillers to Tank Drainers

Everyone in the culture performs better on full tanks.

Athletes, Coaches, Parents and Leaders commit to filling each others' tanks relentlessly

RECEIVABLE FEEDBACK TOOLKIT:

- Ask Permission
- Criticism Sandwich
- If-Then Statements

E- TANK TOOLKIT: Optimizing Behavior

- Reinforce or Ignore Behavior
- Calmness, Consequences, Consistence (3 C's)
- Purposeful Fun Activities

E- TANK TOOLKIT:

- Buddy System
- Positive Charting
- Winners' Circle



continues

Tools from PCA Workshop on winning and life lessons, continued

PRINCIPLE: HONORING THE GAME

ACTION #4 - MODEL AND TEACH - Respect the ROOTS.

Everyone in the culture shows respect for: ROOTS
Rules, Opponents, Officials, Teammates, Self

HONORING THE GAME TOOLKIT:

- Model & Teach Honoring the Game
- Self Control Routine
- Narrated Modeling

HONORING THE GAME TOOLKIT: Help Parents Honor the Game

- Parent Meeting
- Appoint a "Culture Keeper"
- Nip Problems in the Bud

RESOURCES

Talking Points Weekly email: <https://www.positivecoach.org/forms/talking-points-sign-up/PCA>

Devzone website: <https://devzone.positivecoach.org/>

PCA Books: <http://shopping.positivecoach.org/Books>

Your Coaching Community: <https://www.positivecoach.org/pca-locations/>

