

Game Plan



Check off (at least) three tools that you are most excited about using this season with your team!

TOOLS FOR DEFINING YOUR TEAM CULTURE:

- Write out your own coaching philosophy.
- Use signature statements to shape your team's sense of self.
- Use triggers as short-hand communication to help reinforce your team's goals.
- Give out awards that reinforce what you value.
- Keep non-traditional stats.

TOOLS FOR CREATING DYNAMIC PRACTICES:

Prepare for Dynamic Practices:

- Create a season plan.
- Create written practice plans.
- Share practice plans with players.
- Implement a personal transition ritual.

Use an Eight-Part Framework:

- Opening Rituals
- Instruction
- Skill Drills
- Conditioning
- Scrimmage
- Tank Filling
- Team Conversations
- Closing Rituals

continues

Game Plan *continued*

TOOLS FOR PLAYING MEANINGFUL GAMES:

Pre-Game Strategies:

- Create a written Game Plan.
- Develop routines to get ready.
- Have a pre-game conversation.

Strategies for During the Game:

- The Beginning is "Learning Time" when you learn what's working.
- The Middle is "Adjustment Time" when you respond to what's happening in the game.
- The End is "Crunch Time" when you keep your cool under pressure.

Blowout Games:

- The losing side keeps trying and sets achievable goals.
- The winning side respects the opponent and creates non-scoring challenges.

Tight Games:

- Assess your fear profile.
- Give every player a responsibility.

Post-Game Strategies:

- Let your players talk first about how they saw the game.
- Have the coaches talk last to reinforce the players' comments.
- End with a positive to fill the players' Emotional Tanks.