

UNLOCKING TEAMS

**ESSENTIAL CONVERSATIONS FOR COACHES &
ACTIVITY SPONSORS**



Our Mission is to...

equip athletes with the mental skills and tools to be

FREE2COMPETE

and help coaches have the conversations that allow their teams to be

FREE2COMPETE

Jeremy Haselhorst

coachh@free2compete.com

402-312-3315

Joseph Cooley

coachcooley@free2compete.com

402-650-5378

 www.free2compete.com

 @free2compete



GOAL OF THIS PRESENTATION

Demonstrate an **engaging** activity that you could **confidently** use with your coaches/activity sponsors **tomorrow** that will allow you to:

- *Identify what could hold your teams back*
- *Identify a list of culture related items to address over time*
- *Jump start future critical conversations*



CLEAR IS KIND

--Brene Brown



thinking



writing

@MILANICREATIVE



POST-IT NOTE ACTIVITY – ANSWER

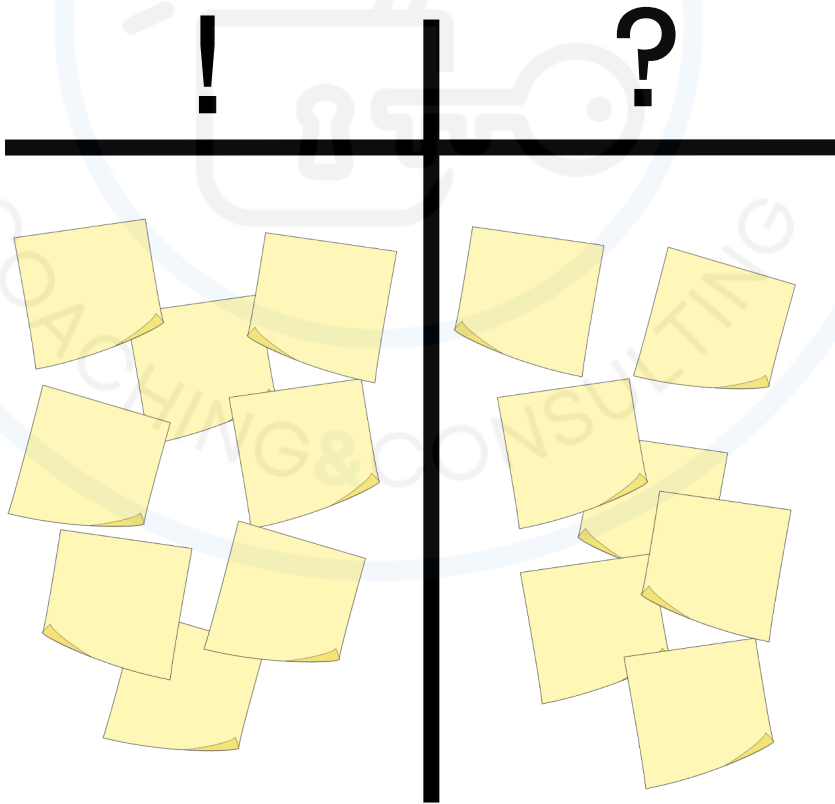


On each post-it note write one of your answers to this question (Complete 2 Answer Sets):

What will stop your athletic department from reaching its potential?



POST-IT NOTE ACTIVITY – SORT



Sort your post-it notes into the following categories:

! = This concern is happening at our school/district right now

? = This concern is not happening now, but we need to be on guard



POST-IT NOTE ACTIVITY – ANSWER



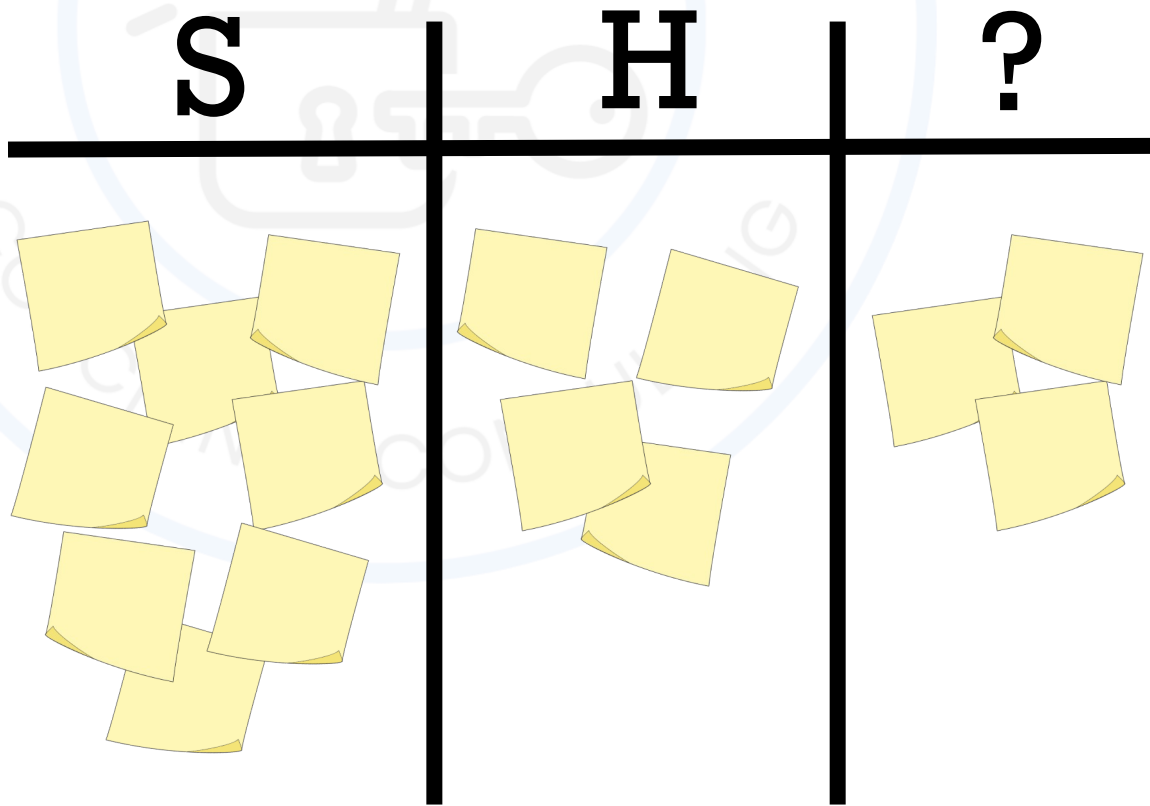
On each post-it note write one of your answers to this question (Complete 2 Answer Sets):

What will stop your team from reaching its potential?

NOTE: You cannot write INJURY or ILLNESS.



POST-IT NOTE ACTIVITY – SORT 1



Sort your post-it notes into the following categories:

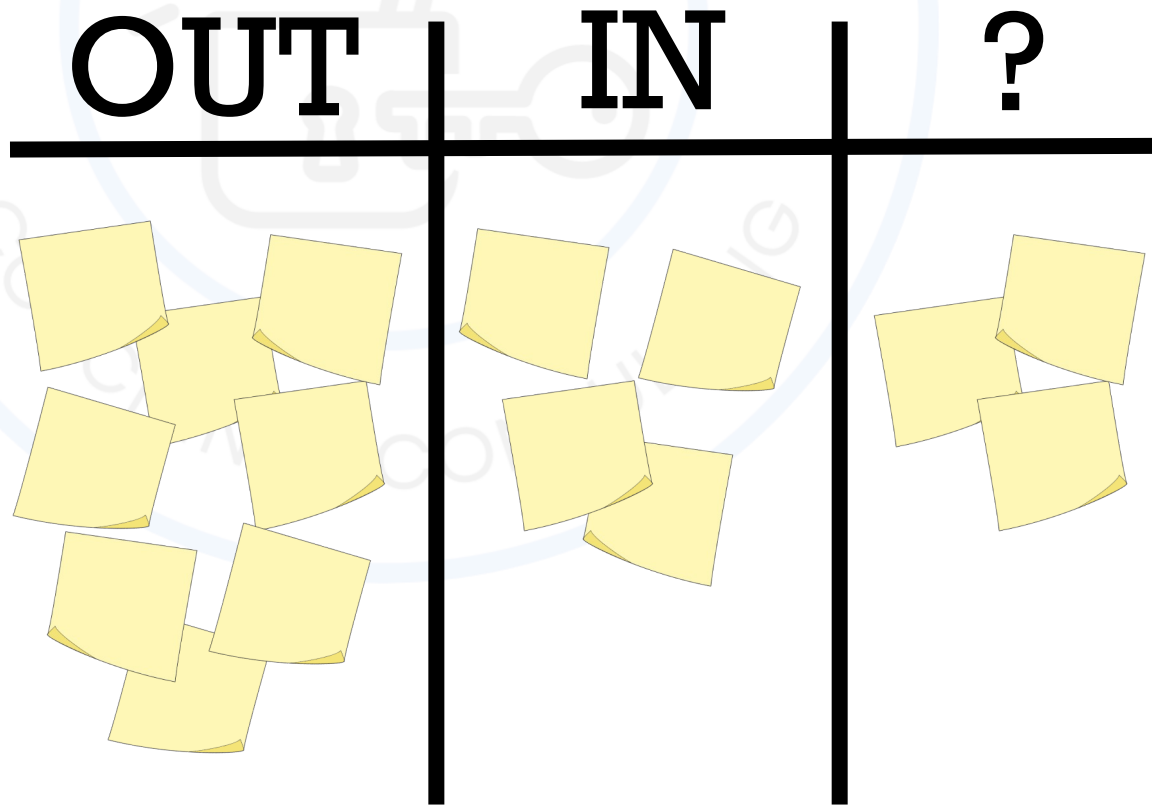
S = Sport-Related issues
(technical or tactical)

H = Human-Related issues
(personal or interpersonal)

? = I'm not sure



POST-IT NOTE ACTIVITY – SORT 2



Sort your post-it notes into the following categories:

IN = in our control

OUT = out of our control

? = I'm not sure



POST-IT NOTE ACTIVITY – LESSON

What stops **US** from maximizing our potential are the **PEOPLE** issues that are **IN** our control.



WHY THIS ACTIVITY WORKS

- You create the opportunity for real conversations
- You've tapped into the experts of your program(s) → Your people
- You can get in front of the issues before they become issues →
Your people just created the list of CULTURE KILLERS
- You create buy-in from your people → These are their concerns



FOLLOW-UP QUESTIONS

- How do we get in front of these issues?
- What situations are likely to occur this season and cause these issues to happen?
- How do you want to address these issues when they creep in?
- How do you want to respond if you are the one being confronted about these issues?



WHEN SHOULD YOU HAVE THIS CONVERSATION WITH YOUR TEAM?

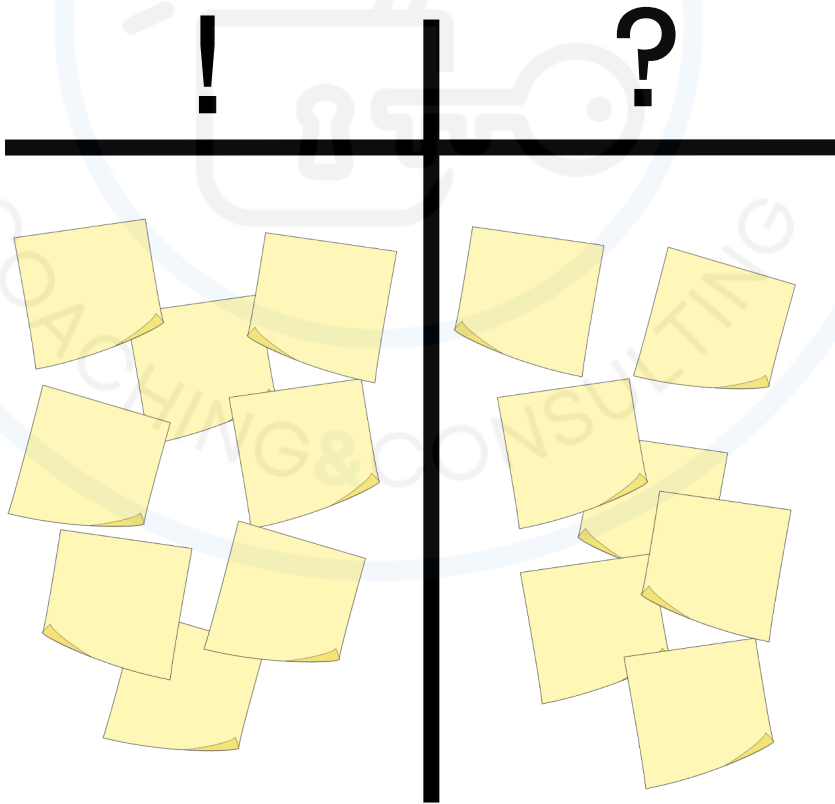
THE EARLIER THE BETTER

The purpose of this activity is to be **RESPONSIVE** and not **REACTIONARY**

Creating your response to these concerns before they happen allows you to be **BEHAVIOR** focused and set standards while **EMOTIONS** are in check.



POST-IT NOTE ACTIVITY – SORT 3



Sort your post-it notes into the following categories:

! = This concern is happening on our team right now

? = This concern is not happening now, but we need to be on guard



DISAPPOINTMENT

EXPECTATIONS

**The bigger
the
gap, the
more...**

**Frustration
Negativity
Lack of Trust
Burnout**

REALITY

MEMORY MAKING

REALITY

EXPECTATIONS



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Free monthly resource for
coaches/leaders to use with their
teams



Free weekly journal activity for high
school/college athletes

