

COACHING NOTES FROM COACHING CULTURE



EPISODE 123 IMPROVING AND GROWING OURSELVES WITH GUEST GANON BAKER

Register for April 5th Workshop in Chicago <https://thriveonchallenge.com/public-workshop/>

Mentorship to Help You Transform Your Leadership: thriveonchallenge.com/mentorship/

Schedule a Mentorship Call with JP: calendly.com/thriveonchallenge/initialcall

With Nate: forms.gle/5f8VmQ5LM8uN1qJd9
<https://www.ganonbakerbasketball.com/>

Lessons from Manu Ginobili

Greg Popovich treats the players as people first and players second.

- It starts during the warm-up by making connections.
- Team dinners that are very intentionally planned.
- Communicates with intensity, but does it in a respectful way.
- He coached their best player (Tim Duncan) the hardest

How Has Pop Has Grown

- More physical touch with players and more empathetic with players.
- Doesn't yell as much as he used to.
- Works with players to intervene and coach each other up.
- Continuously look for opportunities to develop and nurture the relationship of players.

Lot of people talk, few people connect.

Lot of people motivate, few people inspire.

Lot of people influence, few people impact.

To become a better coach you have to become a better person. How can we work on ourselves as a coach?

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- Mentally: Have a coach come in and evaluate you... really do a deep dive into your program and pick it apart. Research in the areas you are struggling with as a coach.
- **You cannot rise above the level of information you have in life.**
- Physical Care: Take care of yourself physically by working out- work out with your players.
- Emotionally and Spiritually: You need to make time for solitude. Emotional Management

Reading and Journaling

- We need to build time to be reflective.
- Sit in solitude.

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