

Lesson 4



Good Coach? Bad Coach?

TRAINER'S GUIDE

Good Coach, Bad Coach

OBJECTIVE

At the end of training, coaches will be able to:

- Identify the qualities of an effective coach.
- Evaluate effective coaching qualities they possess.

ESTIMATED TIME

20 minutes

TRAINER'S GEAR

- Flip chart: I Stand Accused—Guilty
- Flip chart: I Stand Accused—Not Guilty

COACH'S GEAR

- The Making of a Good Coach—Playbook

Pre-Game Prep

- ✓ Write the title “I Stand Accused—Guilty” at the top of the flip chart.
- ✓ Write the title “I Stand Accused—Not Guilty” at the top of the flip chart.

Let’s Get Started

Introduction.

Say:

Everyone wants a good coach because a good coach is more likely to win.

But we all know that there are good coaches [slight pause] and bad coaches.

Share Yourself coaches with good coach qualities will be more successful with Work First players.

Right now, we’re going to describe good and bad coaches by putting Share Yourself coaches on trial.

Begin I Stand Accused Activity.



ACTIVITY: I STAND ACCUSED

TRAINER NOTE: If group is small (fewer than 6), do not divide into groups. If group contains 15 or more, you may need more than two groups.

Divide coaches into two groups. Call them the Blue Team and Green Team.

Say:

During this trial, you will serve as both attorneys and the jury.

As the jury, you will decide whether the coach is guilty or not guilty of being an effective coach.

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ACTIVITY: I STAND ACCUSED



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As attorneys, you will represent the coaches.

I will be the judge.

Teams act as prosecutors.

Say:

Both teams will act as prosecuting attorneys first.

Your task is to make a list of things that will convince me, the judge, that the Share Yourself coach is guilty of being a bad or ineffective coach.

To help you make this list:

- Think about poor mentors you have had or heard of.
- Ask yourself what skills, attitudes, and behaviors they possessed.

At this time, your team should not discuss or present to the jury anything related to being a good coach.

Before making your list, select a lead attorney to present your list to the judge and jury.

You will have 3 minutes to discuss and make your list.

Allow 3 minutes to pass then stop the activity.

Tell the Green Team that they will now act as the jury.

Ask the lead attorney for the Blue Team to present their list to the judge.

Write the Blue Team's responses on the flip chart with the title "I Stand Accused—Guilty."

Read the list to group.

This activity continues on the next page.



ACTIVITY: I STAND ACCUSED



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Face the jury and say:

Jury, now that you have heard the evidence presented by the Blue Team, do you feel that the Share Yourself coach is guilty of being a bad coach?

Ask for a show of hands.

Tell the Blue Team that they will now act as the jury.

Now ask the lead attorney of the Green Team to present their list.

Write the Green Team's responses on the flip chart with the title "I Stand Accused—Guilty" with a different colored marker.

Read the list to group.

Face the jury and say:

Jury, now that you have heard the evidence presented by the Green Team, do you feel that the Share Yourself coach is guilty of being a bad coach?

Ask for a show of hands.

Say:

You have done a good job of identifying things that make a coach guilty of being a bad coach.

Teams act as defense attorneys.

Say:

You will now change roles.

Now you will become teams of defense attorneys for the Share Yourself coach.

This activity continues on the next page.



ACTIVITY: I STAND ACCUSED



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As a team of defense attorneys, your task is to make a list of things that will convince me that the Share Yourself coach is not guilty of being a bad coach.

To make this list:

- Think of skills, attitudes, and behaviors that a good or effective coach should have.
- Think of a good mentor you had or heard of. What qualities did this good mentor have?

You will have 3 minutes to discuss and make your list.

Allow 3 minutes to pass then stop the activity.

Tell the Green Team that they are now acting as the jury.

Ask the lead attorney for the Blue Team to present their list to the judge.

Write the Blue Team's responses on the flip chart with the title "I Stand Accused—Not Guilty."

Read the list to group.

Face the jury and say:

Jury, now that you have heard the evidence presented by the Blue Team, do you feel that the Share Yourself coach is not guilty of being a bad coach?

Ask for a show of hands.

Tell the Blue Team that they will now act as the jury.

Ask the lead attorney of the Green Team to present their list.

Write the Green Team's responses on the flip chart with the title "I Stand Accused—Not Guilty" with a different colored marker.

Read the list to group.

This activity continues on the next page.



ACTIVITY: I STAND ACCUSED



Face the jury and say:

Jury, now that you have heard the evidence presented by the Green Team, do you feel that the Share Yourself coach is not guilty of being a bad coach?

Ask for a show of hands.

Coaches assess their coaching qualities.

Say:

You did a great job describing good and bad coaches for me, your judge, during the Share Yourself coaches trial.

Now you'll have the chance to judge what coaching qualities you have. You will also get to identify how you want to improve in order to be the best coach you can be.

Refer coaches to The Making of a Good Coach worksheet on page 5 in the Playbook.

Read instructions for completing the activity from the worksheet, The Making of a Good Coach.

Announce that coaches will have one minute to check the things that apply to them.

Stop the activity at the end of one minute and ask the following question.

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DISCUSSION QUESTION

How many of you checked at least 4 things?
What about 8?

Ask coaches to put a star (★) beside the following qualities:

- ★ Has a positive attitude.
- ★ Can be trusted.
- ★ Is a good listener.
- ★ Respects others.
- ★ Understands differences in people.
- ★ Has good communication skills.

Say:

These are considered some of the top qualities a good coach should have.

**Ask coaches to place the number one (#1) beside the statement:
“Can be trusted.”**

Say:

Most players want a coach they can trust.



DISCUSSION QUESTIONS

Do you think that trust should be the number one quality of a good coach? Why? Why not?

Did anyone place a plus (+) sign beside anything on their list.

Ask for a show of hands.

Would anyone like to share one thing they identified?

Allow several volunteers to share.



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As a coach, you want to always look for ways to improve and gain new coaching qualities. Doing so will benefit you and your player.



DISCUSSION QUESTIONS

Do you have any feelings now about being a coach that you did not have before?

Would someone like to share those feelings?

Trainer's Next Play

You have described good and bad coaches and the coaching qualities you possess.

By exhibiting these qualities, you will become more connected to your player. They will be more prepared to listen and learn.

Now let's look at the role coach-player differences can play in a successful relationship.



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