



ART OF COACHING PODCAST™ EPISODE 379:
DEALING WITH CHECKED-OUT YOUTH COACHES

Think back to coaches who left a lasting impact. What traits, habits, or areas of focus stood out? Do you—or the coaches you admire—show any of these today? List them below.

Now think about the ones who left a negative mark. What habits or behaviors made that experience bad? Which ones should be avoided at all costs? Let's list them out clearly.

We never want to take the FUN out of FUNDAMENTALS. What are 3 simple ways to keep practices engaging without making them feel sterile? Coaches: use this as a planning aid. Parents: use it to guide post-practice talks.



Are you—or your child’s coach—demonstrating enough? Are praise and corrections clear, or vague? What might be causing that, and what’s one way to give more visual, tailored feedback?

Audit a practice. Break down how time is spent: general skill work, sport-specific drills, recaps, team-building, or life lessons. Where’s the time going—and how could it be better used?

What unprofessional habits or behaviors have crept into sessions that wouldn’t be acceptable in any serious environment? What’s being tolerated that sends the wrong message—and what 3 things could you or the coaches you trust start doing better?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



Art of Coaching Podcast™

info@artofcoaching.com



Art of Coaching Podcast™



Share This With Your
Friends!



Share This