

Know Well the Condition of your Team

Ready:

"Know well the condition of your flock, and pay attention to your herd." - Proverbs 27:23

Set

As a coach, leader, or captain, we need to know well the condition of our team and we need to stay on top of their well-being by paying attention. This can be difficult if we are really focused on the goal or task in front of us. Focusing on the task or goal more than the person can make us more of a transactional coach than a transformational coach. Knowing and caring more about our team than the goals of the team will help build strong relational bonds.

I think when coaches take a real hard look at their day to day, hour to hour, minute to minute coaching, most will have to admit they don't know their team well. They don't know them as a person. What makes them tick? Why are they playing the sport?

One question I have asked parents at the beginning of each season is :“Tell me one or two things about your child that will help me coach them better.” It was very revealing to me the many things I learned that helped me coach them better. I challenge you ask that question this season.

Go

1. What are some things you do to get to know your team?
2. What are some things you need to start doing to deepen your relationship with your players?
3. How have you coached differently knowing more about your athletes?

Workout

Proverbs 24: 5-6; 24:10; 25:19; 21:22

Bible Reference:

Proverbs 24:5-6

Proverbs 24:10

Proverbs 25:19

Proverbs 21:22



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