THE FUNDAMENTALS OF FATHERHOOD

IMPACTING YOUR PLAYERS



5

MODULE

A FATHER'S INFLUENCE

"He saw something in me I didn't see in myself."

"I wanted to give up, but he wouldn't let me quit. I just wanted to do my best for him."

How does a coach influence his players? Some coaches seem to have an almost "larger than life" impact on their team members. They're able to reach even the most mediocre, insecure, lacking-in-self-confidence players and inspire their peak performance.

Directions: Coaches from the clip listed **six** factors that distinguish an impactful coach from one who is less effective. In the space below each term, define it in your own words. Think: *How does this relate to the kind of player a coach might want on his team?*

1. Your attitude matters.

2. Be the best version of yourself.

3. Mistakes are inevitable, but fewer mistakes = winning season.

4. Use one-on-one communication.

5. Practice individual and team accountability.

6. Who you are when things don't go your way matters.

What core traits are essential for every player? How do coaches instill these?

EVALUATING YOUR PLAYERS

Influence has three important components. First, a coach must a good **role model**, which we covered in Module 4. Second, coaches must be able to **evaluate** the strengths and weaknesses of their own players to best encourage them. Third, coaches and players must be in a **relationship** that welcomes advice.

Directions: Read the examples below in small groups and consider how you might guide the child if you were their father. **Evaluate** the child's strengths and diagnose their weaknesses. Decide how to approach the challenges the children face and describe a route of action in the space to the right of each scenario. Be prepared to share your responses with the class.

MALLORY

Mallory (5) is well behaved most of the time. She says "please" and "thank you" just like you taught her. But when she doesn't get her way, she loses her temper. She lets her emotions fly, and her lack of self-control means you and Mallory's mother are dealing with tantrums on a regular basis. It's embarrassing when Mallory throws a fit in public, and you're tired of it all.

QUINN

Quinn (12) started the seventh grade last fall, and things were going well—or so you thought. Quinn plays soccer, gets all A's and has even started playing the clarinet, but he still struggles with low self-confidence. He complains about his acne and says he feels awkward in his own body. He always refuses to be in family photos, confessing that he hates the way he looks.

DANIELA

Daniela (16) has never been a star student, but it's never seemed to bother her. The whole family knows she's got a good head on her shoulders, and you wish Daniela would apply herself more in her classes. She seems content to slide through her junior year of high school with C's and D's, but you worry she lacks the motivation and self-discipline to study.

WHAT'S MY IMPACT?

Reflecting on the characteristics of your coaching style is important. Just like there's more than one right way to coach a team, all sorts of men can be good dads through valuable **traits** that contribute to the overall **impact** they have on their families.

Directions: Read each of the following prompts in the table below. Indicate by checkmark whether the characteristic describes you **well, partially or not at all.**

	This describes me perfectly	This sort of describes me	I'm not like this at all.
I am an authoritarian and run a strict home.			
I congratulate my family often on their successes.			
I make sure I keep the promises I make.			
I've brought up my children to be responsible.			
I am a high-intensity and passionate person.			
It's important to me that my family looks their best in public and on social media.			
I am social and outgoing; I am usually the life of the party.			
Others tell me I am a good listener.			
I've brought up my children to respect authority and always listen to adults.			
I am affectionate and loving with my family.			
I know how to rein myself in when emotions are high.			
I want my children to have "thick skin."			
I have good self-management and self-discipline skills.			
I've raised my kids to be kind and compassionate people.			
I rescue and protect my children often.			

Once you have checked the appropriate boxes, go through the table a second time with a new color of pen, marker or highlighter. This time, indicate the areas you'd like to **alter** your impact.

SPECIAL TEAMS

Directions: Read each of the following scenarios aloud in small groups. Use the four questions below to discuss the importance of **mentorship**. Be prepared to share your thoughts with the class.

1) *Have you encountered a situation similar to that of Pierre, Marcus or Sylvester?*
2) *If this man were you, how would you want to be supported by a mentor?*
3) *If this man were your son, how would you want to support him?*
4) *What sorts of things might each man need help with?*

PIERRE

Pierre (27) is a third-generation plumber. His grandfather started the business; his father followed in his grandfather's footsteps; and now Pierre has decided to follow in their steps. Although Pierre didn't attend college, he did complete trade school and apprentice at the family business. He appears to know the value of hard work, but you have wondered if maybe he lacks the character and initiative of his dad and granddad because of the family advantages he enjoyed.

MARCUS

Marcus (35) is a bit older than many first-time dads, but he is well on his way to success as a business owner. When his first marriage failed, he waited several years before having another serious relationship. Finally, he met and married Tina. Since both were in their mid-thirties, they decided not to waste anytime becoming pregnant. Now he finds himself struggling to keep up with the demands of his growing business, helping Tina manage her career, and the new baby. Some days it seems like a lot.

SYLVESTER

Sylvester (24) grew up without a dad. His mother and father were never married, and his dad disappeared when he was about three years old. His mother worked hard to support him and his younger brother and his Uncle Jack did what he could to be active in his nephews' lives. Without the added income and support his father would have provided, Sylvester worked hard to get decent grades in high school while also working part-time. After that he went on to trade school and now works as a diesel mechanic. He and Trisha aren't married, but they're excited about having their first baby and are hoping to have a wedding in the near future.

COACHES MAKE A DIFFERENCE

The best dads develop the abilities of the team they are given. They recognize strengths and work on weaker areas. Even so, it's important for them to know and understand what they want for their players.

From there, dads must face the challenge of developing their players both by being good role models and by evaluating the positive changes he wants to see in his family.

In the space for Coaching Impact Takeaways, reflect on the influence coaches and fathers have, and answer one or more of the questions below.

?

What do I value in my children?

What steps do I need to take to instill these values?

Who are/were my mentors?

How many things would I want to change about my impact? How will I go about making these changes?

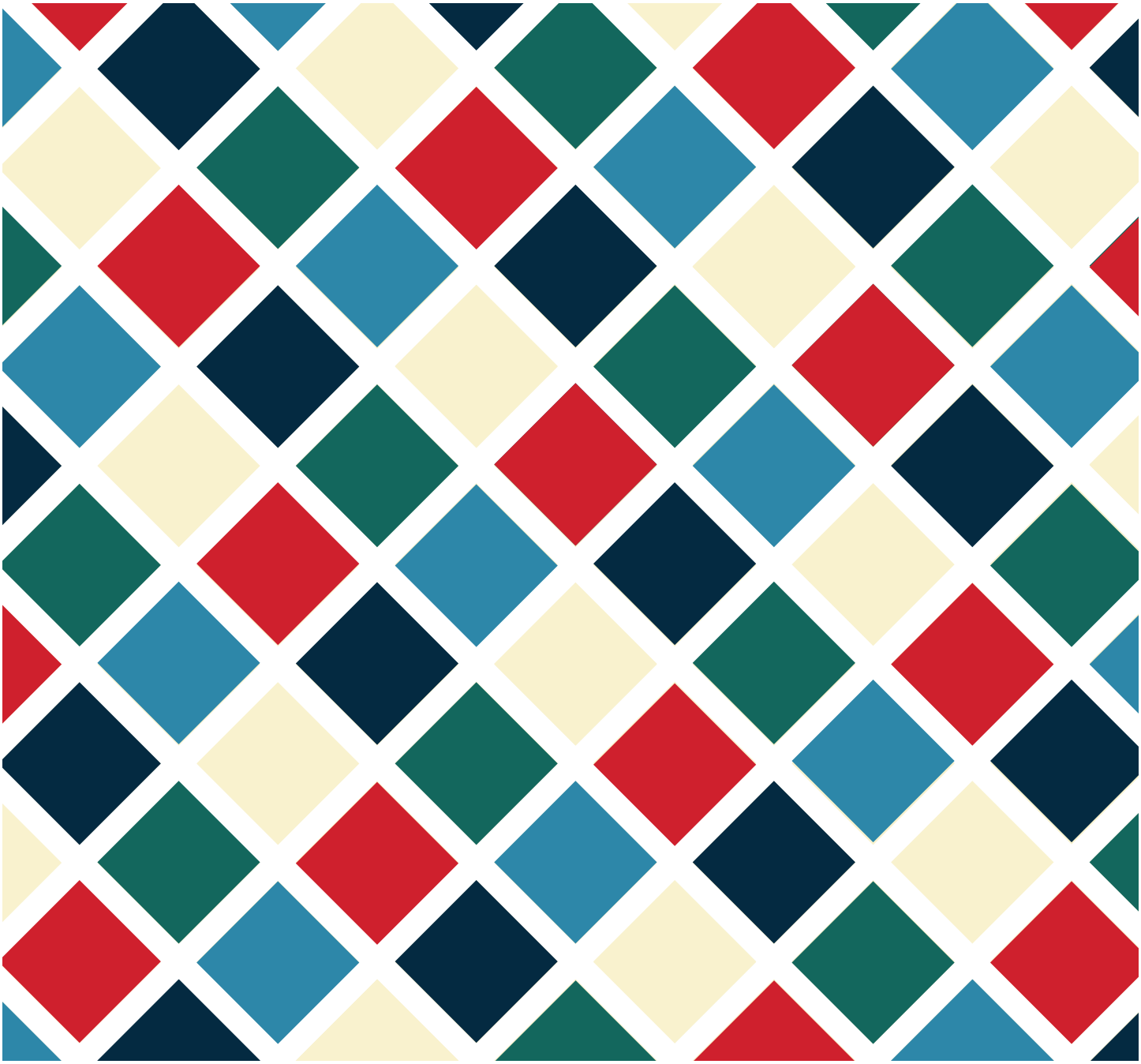
Use the space below for your Coaching Impact Takeaways.



Holding my players accountable

"We're going to be good people. We're going to have accountability. We're going to collectively stand by our core beliefs."

- Coach Jon Leamy



YOUNGBLOOD

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