



Let's Look At This Another Way

Syllabus

There are many ways to achieve your goals. A coach should consider several alternatives before embarking upon a particular method and be ready to change direction if needed. In this course, you will check out a number of coaching styles and figure out the best one for you.

READING ASSIGNMENTS

A textbook and two bestsellers as well as a number of website readings will be used for this class.

The textbook and the two other books are available in local bookstores and online at Amazon.com. The textbook can be ordered by calling 1-800-747-4457

Textbook

Successful Coaching, 3rd edition by Rainer Martens, Human Kinetics, April 2004.

The two books

1. *The Essential Wooden: A Lifetime of Lessons On Leaders and Leadership* By John Wooden & Steve Jamison, McGraw-Hill December, 2006 (available in hardback new and used online and in eBook editions, both Kindle and Nook)
2. *Shooting In The Dark: Tales of Coaching and Leadership* By Jim Thompson (author) & Phil Jackson (Foreword), Ward Publishers July, 1998. (available in paperback online both new and used)The website readings are live links and can be found throughout the written assignments

This course is one of five Athletic Coaching courses developed by Ernie Shaffer and Dick Bach for Dominican University of California. Others are: [Creating a Healthy Lifestyle](#), [Look Before You Leap](#), [Coaching is More Than X's & O's](#), [So What Do You Want To Achieve?](#)

Objectives and Grading Rubric

Objectives

1. Become exposed to both conditional and unconditional discipline and the effect that each has in coaching
2. Understand how strong personalities can affect the culture of athletic programs
3. To be encouraged to examine the importance of learning by one's own mistakes
4. Examine the reasons athletes choose to continue to spend time and energy to compete in athletics

Standards

1. Drawing on and valuing students backgrounds, interest and needs
2. Facilitating learning experiences that promote autonomy, interaction and choice
3. Establish a climate that promotes fairness and respect
4. Promoting social development and group responsibility

Grading Rubric

Exemplary A+-A-	Acceptable B+- B-	Unacceptable
All text book assignments are complete and accurate.	All text book assignments are complete and accurate.	Textbook assignments are incomplete and/or contain inaccurate or inappropriate responses.
All application assignments are reflective, thoughtful, clearly identifiable and relevant.	All application assignments are complete, identifiable and relevant.	Application assignments are incomplete and/or irrelevant.
Overall appearance is very well organized and free of spelling and grammatical errors	Overall appearance is generally organized with limited spelling and grammatical errors.	Overall appearance shows little organization and has spelling and grammatical errors.

Session One-Kohn and Martens-assignments 1-7

Study Pgs 143-146 and 156-160 in your text; read the following online articles:

1. [Unconditional Teaching](#)
2. [Five Reasons to Stop Saying "Good Job!"](#)

Write responses to the following

1. **Meaning** - In your own words, explain Kohn's meaning of unconditional teaching and explain why it is imperative to value the person rather than the performance in teaching/coaching in a diverse society.
2. **Statement** - In your own words, explain the statement "If some children matter more because of performance, then all children are valued conditionally."
3. **Compare and Contrast** - Compare and contrast Martens' "Positive Discipline" and Kohn's "Unconditional Teaching."
4. **Contrast** - Contrast Rainer Martens' and Alfie Kohn's use of rewards.
5. **Program**- Outline your program of teaching/coaching in a diverse society that would value the student/athlete rather than the performance
6. **Agree or Not** - With what aspects of the article "Five Reasons to Stop Saying Good Job", do you agree with and which do you(if any) disagree with?
7. **Challenges** - Respond to the following statement: A movement towards unconditional teaching/ coaching will help the educator who is working with the challenges created by our diverse society.

Read the following articles

1. [Punished by Rewards? A Conversation with AK](#)
2. [Actualizing Athletic Excellence Through The Intelligence of Play](#)

Web Reading A. After reading the conversation with Kohn and the article by Hogan - discuss how your program could help reduce anxieties to help the athlete feel free instead of fearful.

Session Two-Wooden & Lombardi-assignments 8-10

You will need to have read both required books, *The Essential Wooden* and *Shooting in the Dark* to complete #8.

8. You are on a coaches debating team. The topic of the debate is: **What book has influenced coaching style the most?** You have drawn John Wooden's book *The Essential Wooden*.

a. What are you going to say in your opening statement?

b. Your opponent has drawn *Shooting in the Dark*. List arguments that you will use to counter those that your opponent will probably make.

9. How could John Wooden's concept of the **Pyramid of Success** be a part of your program?

Web Readings

[Vince Lombardi | Home](#)

Website B. Click on and study the links "Famous Quotes" and "What it takes to be number one."

Compare and contrast the coaching styles and the legacies of John Wooden & Vince Lombardi

10. You are a reporter for ESPN and your assignment is to interview both Wooden & Lombardi. You have a limited amount of time and can only ask each of them three questions. What three questions would you ask and why did you choose those specific three?

Session Three-Hogan and Thompson

Read Jim Thompson's book *Shooting in the Dark*

11. Analyze how learning from his early mistakes helped Jim Thompson become more successful.
12. Describe a specific incident that you know of or have heard of whereby someone became a better coach because he/she learned by making a mistake.
13. What procedures could you put in place that would help **you** learn from your mistakes?

Reread and study this essay. [Actualizing Athletic Excellence Through The Intelligence of Play](#)

Web Reading C.

a. Hogan is referring to athletes when he explains the *Intelligence of Play*. In this assignment you are going to turn Hogan's article around and apply it to coaches as you explain why some create champions while others create excuses. Feel free to be creative and have fun with this assignment.

b. How are **you** going to organize your practices so that your necessary drills needed for success are fun? Assessment

1. **You are a kid again. Whom of the following would you want to have as your coach- Why?**

a. Martins

c. Lombardi

e. Hogan

b. Kohn

d. Wooden

f. Thomson

2. What do your responses tell you about what kind of a coach you want to be?

When you have completed all of your coursework, you can upload the file or files where you did your work to the DropBox on the **Let's Look at this Another Way** course page on [www.dominicanCAonline](http://www.dominicanCAonline.com) or at <http://dominicancaonline.com/moodle/course/view.php?id=38>. Be sure you have named your files with your last name and the number of the course. If each of the Sessions is in an individual file, indicate the Session # in the filename. If you have questions, you can contact your instructors, Dick Bach dbach@dominicancaonline.com phone 916-962-3329 or Ernie Shaffer at eshaffer@dominicancaonline.com phone 387-1311.