

BEFORE WE BEGIN...

HERE ARE **TEN TEACHING TIPS** TO HELP YOU MAXIMIZE THE LEAD 'EM UP PROGRAM

1

Introduce it well - your players need to understand this is an opportunity and something we "get to do" not "have to do"

2

Commit to it - we strongly recommend committing 40-50 mins every week to intentionally work on team leadership

3

Environment Matters - find distraction free environments to host your Lead 'Em Up sessions. Classrooms are great!

4

Embrace Struggles - if you're players struggle with some of the exercises, that's ok! Reminds us we need the reps.

5

Raise Your Level - the better you teach the program, the more your players will grow. Have fun, be enthusiastic.

6

Keep Your Head on a Swivel - there will be teachable moments all around you; find them, teach on them.

7

Give a Heads Up - if you know you're going to have a player assist or volunteer; give them a heads up so they can prepare.

8

Reinforce, Reinforce - continue reinforcing the themes after the sessions and feel free to teach exercises more than once.

9

Look to Enhance - as you go through an exercise, if you feel there's a way to enhance or strengthen an exercise, go for it.

10

Care Deeply - love your players and let them know you care about them and their growth as people. Be sincere.

NOW ON TO PLAYER COMMITMENTS