



Season of Life
By Jeffrey Marx

Coach's Guide[©]

Coach's Name: _____

Season of Life

Introduction

Congratulations! You are about to take your team through the transformative journey of an in-depth study of *Season of Life*, by Jeffrey Marx. The principles and concepts within *Season of Life* will inspire and transform your entire program. Consider these comments from players participating in this study:

“This study inspired me to be a better person and that real men support others and love and care for their teammates.”

“This study taught me that relationships are very important and to forgive my abusive father.”

“As a result of this study, my teammates better understand my handicaps and help me out more.”

“This study improved my relationship with my coaches. Through our small group discussions I grew to love all my coaches because I felt their love for us.”

“This study taught me that in the end, life is about the relationships you have with others and how you have affected other’s lives. Because of this study, I plan on having a healthy family and passing on the knowledge I learned to my children. Thank you for helping me through life’s journey.”

This Coach’s Guide has been carefully developed to help you inspire discussion among your players and to help you lead your players to explore the deeper meaning of *Season of Life*. There are two critical responsibilities you must fulfill before leading your team through this study.

First, it is critical that you have carefully read and study *Season of Life* before you lead your team through this study. Ideally, you will have read the book completely prior to beginning the study and you will re-read the assigned readings prior to each session.

Second, you must complete the Player’s Guide and answer all the questions within the Player’s Guide before leading your players through the discussion for each session. Often your own answers to these questions can be used by you to help spur further discussion among your players. You can answer the questions based on your perspective as a coach or from the perspective you may have had as a player.

While it is not necessary, it is helpful for any coach leading a study in *Season of Life* to read and study *InsideOut Coaching*, by Joe Ehrmann. *InsideOut Coaching* provides a much deeper exploration of the philosophy and reasoning for the coaching and teamwork principles that are introduced by Jeffrey Marx in *Season of Life*.

The simple fact that you are beginning to lead your team through a study of *Season of Life* means you are a transformational coach who loves and cares about your players. Thank you for investing in your players and for using your powerful platform as a coach to teach your players these life-changing principles. Good luck and have FUN leading your team through this transformational journey.

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Organization of Your Team and the Sessions

Depending on the size of your team, you may stay in one group during the entire session or you may need to break up into smaller groups to generate discussion. Regardless of the size of your team, this Coach's Guide is designed for two distinct parts within each session: 1) Opening; and 2) Group Discussion.

Organization. As a general rule, if your group is larger than 10 players, you will have better discussion from the players if you break into smaller groups for the discussion sessions. In many team environments, the small groups will be led by an adult coach on your staff. If you believe your players are capable, you may consider having the small groups led by your players or team captains. The maturity and leadership skills of your players may dictate whether player-led discussion groups are best for your team. An advantage of coach-led group discussions is that the players really develop deeper relationships with the coaches. There are different philosophies when you are considering forming your small groups. We recommend considering sprinkling your team leaders in each group and to have different levels of experience, maturity and talent in each group. The overall goal in forming the small groups is for all the players to become engaged in the group discussions.

The Opening. The Opening is designed to inspire and focus the group on some of the overall themes of the session. If your group is large and has smaller discussion groups within your overall group, this is the opportunity for the entire group to gather together and for the head coach or other designated coach leading the study to give the players an overview and to emphasize one or more of the principles for that session. The Opening should last about 10-15 minutes. The material that follows provides you with some tools and stories that you could use during the Opening. It is suggested that the leader of the study open each Opening with a short video. The material that follows provides leaders with some video links that may be used. The coach leading the study then should introduce the themes for that day and can choose to make a few comments about the themes or tell a personal story related to the themes. The coach leading the study may conclude the Opening with a short prayer, if appropriate, to focus the players on the upcoming discussion and for them to open their hearts and minds to the material during the discussion.

Group Discussion. After the Opening, you will begin the discussion. This is the time for discussion about the issues raised in the Player Study Guide. The goal is for the individual leading the group discussion to serve as a catalyst for discussion but for the players to do most of the discussion during the group discussion periods. The group discussion needs at least 10-15 minutes and perhaps more for meaningful discussion to occur. Each of the themes is included in the material however you may need to pick and choose specific themes you want to emphasize during that session's discussion and you may not have time to cover all the themes each discussion period. For each theme, the material that follows pulls out a few suggested questions from the Player Study Guide for the coach to ask during the discussion time. The material also includes other questions or discussion points that the coach may choose to utilize during the discussion. The material also includes some points related to the themes and these quotes can be used by the coach to generate discussion also.

Season of Life

Session 1 – Chapters 1 - 3

Themes:

1. Introduction
2. Love For Each Other
3. Accountability

The Opening:

Consider starting the session off with some comic relief about some of the problems with sports and coaching – Coach Hines Basketball Game from MadTV – 5:37

http://www.youtube.com/watch?v=B0_NyxCSqdg&feature=youtu.be

This video is a funny video about a coach that is out of control. It is the antithesis of Biff Poggi and Joe Ehrmann in *Season of Life*.

Show this video introducing them to Coach Joe Ehrmann and Biff Poggi *HBO Real Sports* - 6:57

<http://www.youtube.com/watch?v=ngendAl6UYo>

This is a great introduction to the study and to Joe and Biff.

Other Material To Consider Using:

Inspirational Pre-Game Speeches:

1. *Hugh Freeze Pregame Speech* – 2:16 –
<http://www.youtube.com/watch?v=wr7FhVS3CkU>
2. *Ray Lewis Pre-Game Speech for Stanford Basketball* – 2:21 -
<http://www.youtube.com/watch?v=07fhOVQ9wEA>
3. *Coach Tony Arcuri Pre-Game Speech to Indian Hill Braves Football Team* – 2:16 - <http://www.youtube.com/watch?v=Jv7EULkarfI>

Man In The Glass Video – 1:06

<http://www.youtube.com/watch?v=6Zxl4GnEs5A>

This video is recitation of the poem with graphic illustrations as the poem is read.

Discussion – Love For Each Other: Consider any one or all of the following discussion points:

From the Player Study Guide: How did you feel when you read the exchange at the end of the chapter between the coaches and players about their respective jobs toward one another?

Ask the players – Have you ever had a coach sincerely tell you they loved you?

Ask the players – When you think of listing the most important characteristics that make a great team, where does LOVE fall on your list? Is it even on your list at all?

Ask the players – How hard is it for you to demonstrate you love a teammate? What about verbalizing your love for a teammate?

Discuss - How hard it is for you as a coach to demonstrate / verbalize love for your players or even other men or your dad.

Discuss – Whether your father or father-figure was someone who verbalized their love for you as their son.

Ask the players – why is love on this team important for the season to be a success?

Quotes You May Find Useful To Provide Your Players:

When love and skill work together, expect a masterpiece. - John Ruskin

You play harder for the people you love. Coach Kris Hogan

You want an advantage over other teams? Love everybody in this room. Coach Kris Hogan

Love breeds greatness. Coach Kris Hogan

Teamwork is what the Green Bay Packers were all about. They didn't do it for individual glory. They did it because they loved one another. Vince Lombardi

Play with love or don't play at all.

Love is more than passion. Passion is temporary. It isn't lasting. Love, real love, lasts. – John Wooden

Either love your players or get out of coaching. - Bobby Dodd

Don't lose your grip on Love and Loyalty. Tie them around your neck; carve their initials on your heart. Proverbs 3:3-4 (MSG)

A friend loves at all times. Proverbs 17:17

Friends love through all kinds of weather, and families stick together in all kinds of trouble. Proverbs 17:17 (MSG)

Discussion – Accountability: Consider any one or all of the following discussion points:

From the Player Study Guide: What does the poem “That Guy in the Glass” mean to you?

From the Player Study Guide: How can that poem apply to the way you approach this season?

Ask the players – How do you “cheat the guy in the glass” in your life or sport?

Discuss – A time in your life as a player or coach when you cheated the guy in the glass and what regrets or consequences that created for you in your life.

Ask the players – How can you hold yourself accountable to not “cheat the guy in the glass” this season?

Quotes You May Find Useful To Provide Your Players:

To give anything less than your best is to sacrifice God's gift.

Each of us has been put on earth with the ability to do something well. We cheat ourselves and the world if we don't use that ability as best we can. - George Allen

Did I win? Did I lose? Those are the wrong questions. The correct question is: Did I make my best effort? That's what matters. The rest of it just gets in the way. – John Wooden

The goal I believe is important is the goal of making the most of your abilities. – John Wooden

Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable. John Wooden

Wins and losses come a dime a dozen. But effort? Nobody can judge that. Because effort is between you and you. - Ray Lewis

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Session 2 – Chapters 4 – 7

Themes:

1. Discovering Your Purpose
2. Being A Man
3. Empathy

Opening:

Show Trailer for *The Mask You Live In* – 3:09 –

<http://www.youtube.com/watch?v=hc45-ptHMxo>

Note: This video has some curse words but they are powerful and appropriate to convey the message about false masculinity.

Show – *On the Road: An unlikely prom coronation* – 2:18

http://www.youtube.com/watch?v=fH4B_5rPI_A&feature=youtu.be

A great video about a HS football star demonstrating empathy to a special needs classmate.

Show - *A Game of Hope* – 5:28 -

<http://www.youtube.com/watch?v=HuxejhBOCOo&feature=youtu.be>

This is a great video about a football program within a youth detention school and Coach Kris Hogan's empathy and love for an opponent.

Other Material To Consider Using:

Under The Surface – Empathy Film – 3:55

<http://www.youtube.com/watch?v=AZ-pU7ozt3g>

This video is a solemn attempt to get students to empathize better.

Discussion – Being A Man: Consider any one or all of the following discussion points:

Ask the players – What messages are sent to you through media (TV, films, social media, advertisements) about what it means to “be a man”? How does that impact your belief of what it means to “be a man”?

From the Player Study Guide: How does Joe Ehrmann define “being a man?”

From the Player Study Guide: What is your own definition of what it means to be a man at this point in your reading?

Discuss – How you as a coach defined “being a man” when you were in high school and how that has changed through the different stages of your life.

From the Player Study Guide: What are some key concepts that make up your own personal “code of conduct” for manhood in your life?

Quotes You May Find Useful To Provide Your Players:

When one of us cries, we all cry together as a team. Those are the tears of a man. A man who cares deeply. – Joe Ehrmann

Masculinity, first and foremost, ought to be defined in terms of relationships..it ought to be taught in terms of capacity to love and be loved. - Joe Ehrmann

The man of the world desires to be counted anything but meek and would deem such a description of him equivalent to a charge of unmanliness. Ah brethren, this is because we have taken in Satan's conception of manliness instead of God's. - Robert Johnstone

Discussion – Empathy: Consider any one or all of the following discussion points:

From the Player Study Guide: What is empathy?

Ask the players – How can empathy toward your teammates change the way you relate to them?

Ask the players – How can empathy toward an opponent in competition change the way you conduct yourself on the field?

Ask the players – Can developing better empathy toward your coach impact your responses to coaching? How can that make you a better player?

From the Player Study Guide: As a player, have you ever been “shamed” by a teammate or coach as it related to your performance? How did it make you feel?

Ask the players – How might empathy from your coach toward the players change the coach’s behavior?

Discuss – Consider discussing a time in your playing career, coaching career or life when you either failed to show empathy and the results of that situation.

Quotes You May Find Useful To Provide Your Players:

You only understand people if you feel them in yourself – John Steinbeck

Empathy is the foundation upon which morality is built. Joe Ehrmann

Most young athletes, regardless of their skill set or genetic gifts, are seeking an empathic connection to their coach. Joe Ehrmann

We are born with empathy but it must be nurtured, coached, modeled and affirmed. - Joe Ehrmann

Empathy is the backbone of true competition. Joe Ehrmann

Peace with ourselves and our story begets respect and empathy for players. - Joe Ehrmann

Remember that every player you coach is afraid of something, loves something and has lost something.

I believe empathy is the most essential quality of civilization. – Roger Ebert

Could a greater miracle take place than for us to look through each other’s eyes for an instant? – Henry David Thoreau

Discussion – Finding Your Purpose: Consider any one or all of the following discussion points:

From the Player Study Guide: What are ways you can discover what you are supposed to be in your life?

Ask the players – What is your “purpose” while you are on this team?

Ask the players – What is your “purpose” during your time at this school?

Discuss – When you first discovered a “purpose” for your life and how you discovered it.

Quotes You May Find Useful To Provide Your Players:

If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose. – T.D. Jakes

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dream of meeting your heart's longing. – Oriah

There is no greater gift you can give or receive than to honor your calling. It's why you were born. And how you become most truly alive. – Oprah Winfrey

I believe a purpose is something for which one is responsible; it's not just divinely assigned. – Michael J. Fox

The purpose of life is a life of purpose. – Robert Byrd

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Session 3 – Chapters 8 – 9

Themes:

1. Integrity
2. Breaking Down Prejudices / Boxes
3. Seeking Justice
4. Parable Of Talents

Opening:

Show – *Integrity: Remember the Titans* – 1:28

<http://www.youtube.com/watch?v=IH1SKGXU81U>

This is a scene from *Remember the Titans* where the team captain removes a fellow player.

Show - *Steubenville: Revelry Turned Into Rape* – 5:59

<http://www.youtube.com/watch?v=TFX2MiNV0CA>

This is a video about the high school rape case in Ohio involving football players. This will lead to a good discussion on treatment of women and seeking justice. This touches on many themes including empathy, justice, integrity etc. You can play it in conjunction with the next video which is a response to the Steubenville rape case and contrasts the reactions of the boys to the young girl.

Show - *A Needed Response* – 0:25 –

<http://www.youtube.com/watch?v=eZxv5WCWivM>

This short clip is meant to be shown in conjunction with the above and contrasts the possible reactions the players had to the situation and demonstrates how to treat women with respect.

Other Material To Consider Using:

Stop Stereotyping – 2:25

<http://www.youtube.com/watch?v=OuQMBvNi2XQ>

This video encourages students to end stereotyping of other students.

Discussion – Integrity: Consider any one or all of the following discussion points:

From the Player Study Guide: How do you define integrity?

From the Player Study Guide: What can you do to play with integrity?

Ask the players – What does integrity require of a coach when dealing with his team and players?

Discuss – Identify a time in your life that your integrity was tested or that you were tempted to betray your integrity. Tell the team what you did and how it impacted you.

Quotes You May Find Useful To Provide Your Players:

Leaders cannot just go along to get along. Leaders must meet the moral challenge of the day.

You cannot dream yourself into a character; you must hammer and forge yourself one.
Henry David Thoreau

You become like the people you hang around and to a great degree, you end up going wherever they're headed. - Bob Goff

What is left when honor is lost? - Publilius Syrus

Integrity is the only thing that doesn't depreciate over time. Nothing takes longer to build than a godly reputation. And nothing is destroyed more quickly by one stroke of sin. That's why it must be celebrated and protected above all else. Your integrity is your legacy. Your integrity is your destiny. Take a stand. – Mark Batterson

Discussion – Breaking Down Prejudices / Boxes: Consider any one or all of the following discussion points:

From the Player Study Guide: What “boxes” do you put people into?

Ask the players – What boxes to people put you into?

Ask the players – What boxes do we put some of our opposing teams in?

From the Player Study Guide: How would viewing every person you encounter as someone’s son or daughter change the way you view them?

Ask the players – If you viewed your teammates as someone’s son, how might you interact with them differently?

Ask the players – If you viewed your opponents on the field as someone’s son, how would you treat them differently – what might you do differently on the field?

Ask the players – How do we overcome prejudices with those we encounter?

Discuss – Talk about a time that you faced prejudice or when you were prejudiced and the outcome of that situation.

Quotes You May Find Useful To Provide Your Players:

Judgments prevent us from seeing the good that lies beyond appearances. – Wayne W. Dyer

Prejudices are the chains forged by ignorance to keep men apart. – Countess of Blessington

Do not judge and you will never be mistaken. – Jean Jacques Rousseau

If you judge people you have no time to love them. – Mother Teresa

Discussion – Seeking Justice: Consider any one or all of the following discussion points:

From the Player Study Guide: How can you “seek justice”?

Ask the players – When confronted with a situation where injustice is occurring, what prevents you from standing up to seek justice?

Ask the players – How does empathy for others or lack of empathy for others impact your willingness to seek justice for others?

From the Player Study Guide: How would viewing every person you encounter as someone’s son or daughter change the way you might seek justice for them?

Ask the players – Who are the oppressed around you and your school?

From the Player Study Guide: How can you “encourage the oppressed” around you?

Discuss – talk to the players about opportunities you faced an injustice and whether you acted to seek justice or turned your back on an injustice and how that impacted you.

Quotes You May Find Useful To Provide Your Players:

Injustice anywhere is a threat to justice everywhere. – Martin Luther King, Jr.

Courage is not the absence of fear, but rather the judgment that something else is more important than fear. – Ambrose Redmoon

Courage is the ability to do the hard thing in every circumstance, despite the cost.

It is curious that physical courage should be so common in the world and moral courage so rare. – Mark Twain

One man with courage makes a majority. – Andrew Jackson

It is easy to be brave from a safe distance. - Aesop

Discussion – Parable of Talents: Consider any one or all of the following discussion points:

From the Player Study Guide: What does the parable of the talents mean to you?

From the Player Study Guide: Does your team foster an environment that values the player who has two talents and brings two talents equally with the player who has ten talents and brings ten talents every play? If not, what can you do to help change that environment?

Ask the players – what can you do to better implement the Parable of the Talents on this team?

Ask the players – what can the coaches do to better implement the parable of the talents on this team?

Discuss – how you feel about the player who has two talents and brings them every practice / game vs. the player who has ten talents but only brings eight.

Quotes You May Find Useful To Provide Your Players:

Wins and losses come a dime a dozen. But effort? Nobody can judge that. Because effort is between you and you. - Ray Lewis

Did I win? Did I lose? Those are the wrong questions. The correct question is: Did I make my best effort? That's what matters. The rest of it just gets in the way. – John Wooden

You gotta be hungry for it. You've got to put everything you got on it. Everything! Every second! You have to be the first one in line. That's how leaders are born. - Ray Lewis

There are only two options regarding commitment; you're either in or you're out. There's no such thing as life in-between. - Pat Riley

Success is peace of mind which is a direct result of knowing u did your best to become the best that you are capable of being. - John Wooden

After every game or practice, if you walk off the field knowing that you gave everything you had, you will always be a winner. – Mia Hamm

Standing before God at life's end, I hope I wouldn't have a single bit of talent left & say; I used everything you gave me.-Erma Bombeck

Greatness is not about someone who has the ability to be great. Greatness shows up when someone might not have that ability but finds a way to succeed. They outwork their opponents, they outwit their opponents, they outfight their opponents. They want it more. - Mike Singletary

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Session 4 – Chapter 10

Session 4 – Read Chapter 10

Themes:

1. Masculinity
2. Façade
3. Expressing Love

Opening:

Show - *10 Hours of “What is love” (Jim Carrey v. I)* – 10:00:01

<http://www.youtube.com/watch?v=Ktbhw0v186Q>

Note: you will want to stop this video after perhaps the first few minutes as it just loops. This is just to add some initial comic relief.

Show - *Undefeated Excerpt – Last Game Speech* – 3:19

<http://www.youtube.com/watch?v=TzxrnfpxA0>

This is a video that demonstrates expressing love in football. It is from the award winning documentary, *Undefeated*, and is the final speech and interaction between a loving coach and his players. Great demonstration of expressing love.

Other Material To Consider Using:

Stepping Up Video Series Trailer – 2:02

<http://www.youtube.com/watch?v=zX-jHDleECI&feature=youtu.be>

This is a trailer for a video that talks about true courage of a man – about “manning up” to do courageous things.

Discussion – Masculinity / Facade: Consider any one or all of the following discussion points:

Ask the players – How does modern media attempt to define “being a man”?

From the Player’s Study Guide: Go back to the introduction of this Study Guide and look at your definition of masculinity. How has your definition of masculinity changed now?

From the Player’s Study Guide: What is your façade? What does your external masculinity look like?

Discuss – what is your definition of a man and how has it changed over the years.

Discuss – what events or people in your life shaped your definition or vision of being a man.

Quotes You May Find Useful To Provide Your Players:

Masculinity is not something given to you, but something you gain. And you gain it by winning small battles with honor. – Norman Mailer

The courage we desire and prize is not the courage to die decently, but to live manfully. – Thomas Carlyle

A man’s got to have a code, a creed to live by, no matter his job. – John Wayne

There is a difference between being a good man and being good at being a man. – Jack Donovan

Discussion – Expressing Love: Consider any one or all of the following discussion points:

From the Player's Study Guide: What would you guess would be your dad's or father-figure's reaction to this chapter if you asked him to read it?

From the Player's Study Guide: Are you able to verbalize your love to those you love? To your dad or father-figure? If not, why not?

Ask the Players – Why do you think it is hard for guys to verbalize their love?

Discuss - When you grew up, how often your dad or father-figure told you he loved you.

Discuss - Why you think it is hard for men to verbalize their love.

Quotes You May Find Useful To Provide Your Players:

Don't lose your grip on Love and Loyalty. Tie them around your neck; carve their initials on your heart. Proverbs 3:3-4 (MSG)

Play like you love the game and love each other. Joe Ehrmann – InsideOut Coaching

We're a team and I respect and love you. I hope my players heard that. Coach Brad Childress

Your primary purpose in this life is to love. Love God, your family, your friends, your teammates, and yourself while you strive to be your best! That's where everything must start. - Todd Gongwer - Lead4GodsSake

You play harder for the people you love. - Coach Kris Hogan

You want an advantage over other teams? Love everybody in this room. - Coach Kris Hogan

When we have love, many of our problems disappear! – John Wooden

Either love your players or get out of coaching. - Bobby Dodd

Coaching is a profession of love. You can't coach people unless you love them. - Eddie Robinson

Masculinity, first and foremost, ought to be defined in terms of relationships..it ought to be taught in terms of capacity to love and be loved. - Joe Ehrmann

The goal of love is fearlessness. – Mark Batterson

Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what.

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Session 5 – Chapters 11 – 12

Session 5 – Read Chapter 11 – 12

Themes:

1. Relationships
2. What Is Really Important – Live Like Dying – Last 30 Minutes
3. Integrity

Opening:

Show– *My Final Goodbye* – 2:53

http://www.youtube.com/watch?v=UAaEw_EB7Ws&feature=youtu.be

This is a video filmed by a young man – Shaun Miller – saying goodbye to friends and family after he learns his body has rejected a heart transplant he received and that he would die shortly.

Other Material To Consider Using:

Steve Jobs – Inspirational Speech If Today Were The Last Day Of My Life – 1:53

<http://www.youtube.com/watch?v=E0am8tyv8Rs>

This is a portion of Steve Jobs' final speech before his death – inspiring.

My Last Days: Meet Zach Sobiech – 22:20

<http://www.youtube.com/watch?v=9NjKgV65fpo>

This is a rather long video about a teenager who lived life to the fullest while dying from cancer. Great message.

Discussion – Relationships: Consider any one or all of the following discussion points:

From the Player's Study Guide: What are some of the most important relationships you value in your life?

Ask the Players – Do you agree with Jeffrey Marx' observation that "relationships always matter more than anything else?"

Ask the Players – Think about your favorite time playing on a team. What made that time so great? Was it wins and losses or relationships?

Discuss – Discuss with the players what relationships you formed in your playing career and what those relationships mean to you (relationships with coaches or teammates).

Quotes You May Find Useful To Provide Your Players:

Shared joy is a double joy. Shared sorrow is half a sorrow.

Assumptions are the termites of relationships. – Henry Winkler

Someone to tell it to is one of the fundamental needs of human beings. – Miles Franklin

When something is missing in your life, it usually turns out to be someone. – Robert Brault

In my life, I've always wanted to get a group of men together who have a common thought, common goal. I don't care who they are. But if those men can come together, check their egos at the door and honestly care about each other for more than what they do on the field, I think something very special can be created. - Mike Singletary

Men have never been individually self-sufficient. - Reinhold Niebuhr

The only people who truly understand the value of a teammate are his or her other teammates and their coaches...Great teammates need to let each other know how valued and important they are and great teammates need to be celebrated internally. Jay Bilas – Toughness

Relationship is the key to influence. Hunter Smith – The Jersey Effect

As we grow up, we realize it becomes less important to have more friends and more important to have real ones.

Discussion – What Is Really Important: Consider any one or all of the following discussion points:

From the Player's Study Guide: If you were trapped in a building and only had 30 minutes to live, how would you spend those 30 minutes?

Ask the Players – One of the exercises Coach Ehrmann and Coach Biff have their players do before a season is to write the obituary they hope is written about them when their life ends – consider that for a minute. What would you want to be said about you in your obituary?

Discuss - Tell the players what you want to be written about you in your obituary.

From the Player's Study Guide: How would your effort or attitude change if you knew it would be the last game or practice you were ever going to have?

Ask the Players – Are you guaranteed tomorrow's practice? Are you guaranteed a next game? Or a next season? How might that thought process impact how you practice, play or interact with others? How you treat your family?

Quotes You May Find Useful To Provide Your Players:

If you were on your deathbed today and wanted to measure your success in life it would come down to two things: 1. What kind of relationships did I have? Who did I love and who loved me? 2. What kind of difference did I make in the lives of others? What transcendent cause? Joe Ehrmann - InsideOut Coaching

If you were going to die soon and only had one phone call you could make, who would you call and what would you say? And why are you waiting? – Stephen Levine

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything you gave me." – Erma Bombeck

I always thought every day was a gift, but now I am looking for where to send the thank you note. – Randy Pausch – The Last Lecture

We don't beat the reaper by living longer, we beat the reaper by living well and living fully. – Randy Pausch – The Last Lecture

I think the only advice I can give you on how to live your life well is, first off, remember ... it's not the things we do in life that we regret on our deathbed, it is the things we do not. – Randy Pausch – The Last Lecture

We have a finite amount of time. Whether short or long, it doesn't matter. Life is to be lived. – Randy Pausch – The Last Lecture

When first things are put first, second things are not suppressed but increased. – C.S. Lewis

Discussion – Integrity: Consider any one or all of the following discussion points:

From the Player's Study Guide: What is your definition of “integrity”?

From the Player's Study Guide: What did Coach Biff mean when he used the phrase “revolving integrity”?

Ask the Players – What can you do better to demonstrate integrity in your life?

Discuss – Talk about a time in your life when your integrity was tested and how you reacted – succeed or fail – and how that impacted you.

Quotes You May Find Useful To Provide Your Players:

If I could only give three words of advice, they would be, “Tell the truth.” If I got three more words, I’d add, “All the time.” – Randy Pausch – The Last Lecture

The hottest place in Hell is reserved for those who remain neutral in times of great moral conflict. - Martin Luther King, Jr.

What is left when honor is lost? - Publilius Syrus

Integrity is the only thing that doesn’t depreciate over time. Nothing takes longer to build than a godly reputation. And nothing is destroyed more quickly by one stroke of sin. That’s why it must be celebrated and protected above all else. Your integrity is your legacy. Your integrity is your destiny. Take a stand. Mark Batterson – All In

Integrity is doing the right thing, even if nobody is watching.

When it comes to rationalizations, we are infinitely creative. - Mark Batterson – All In

Someday you will hang up your jersey for the last time, and you will have to live with the life you created based on the choices you made along the journey. At that moment, you will be faced with the reality of your life’s foundation. Hunter Smith - The Jersey Effect

Be who you are and say what you feel, because those who mind don’t matter and those who matter don’t mind. - Dr. Seuss

It is better to be hated for what you are than to be loved for something you are not.

As we grow up, we realize it becomes less important to have more friends and more important to have real ones.

Season of Life

Session 6 – Chapter 13

Session 6 – Read Chapter 13

Themes:

1. Hurting Feelings of Others
2. Empathy
3. Façade / Masculinity

Opening:

Show – *Perfect Sportsmanship* – 2:22

<http://www.youtube.com/watch?v=pTutDzTgZ0k>

This video is about the blown call that cost a MLB player a perfect game and the reaction by the umpire and pitcher to the situation. It is a great demonstration of empathy – seeing the world through another’s eyes, in this case the pitcher seeing the world through the umpire’s eyes.

Show - *Boston Boys Stand Up for Bullied Water Boy Danny Keefe 5th Grade* – 1:37

<http://www.youtube.com/watch?v=DNvOcK6UsIc&feature=youtu.be>

A great video about a team standing up against bully for teammate / water boy. Illustrates empathy.

Other Material To Consider Using:

Phil Allen – When I Became A Man – 5:42

<http://www.youtube.com/watch?v=QRISRapn4zI>

A poetic statement of what it means to be a man and treat women properly.

Discussion – Hurting Feelings of Others: Consider any one or all of the following discussion points:

From the Player's Study Guide: What has caused you to hurt someone's feelings?

Ask the Players – What is the most hurtful thing a coach has ever said to you?

Discuss – Tell the players about a time when you were deeply hurt by someone – perhaps a coach, teammate, family member – talk about what was said, how you felt, how that impacted you and how it impacted your relationship with that person.

Quotes You May Find Useful To Provide Your Players:

Be sure to taste your words before you spit them out.

Treat everyone with politeness, even those who are rude to you – not because they are nice, but because you are.

Hurting others is a weak person's attempt to imitate strength.

Be kind to unkind people. They need it the most.

Words can hurt or heal. What did yours do today?

Be kind for everyone you meet is fighting a hard battle.

People who love themselves, don't hurt other people. The more we hate ourselves, the more we want others to suffer. – Dan Pearce

Discussion – Empathy: Consider any one or all of the following discussion points:

From the Player's Study Guide: How could empathy for others impact prejudices?

Ask the Players – How would empathy impact your reaction on the field when you burn an opponent or overpower an opponent (juke them and they fall down, stiff arm them or run over them, or dunk over them)?

Ask the Players – How would empathy impact the way you deal with and interact with younger players on the team?

Ask the Players – How would empathy impact the way you deal with girls and your relationship with girls?

Ask the Players – What can you do to help you become more empathetic?

Discuss – How empathy toward referees or other officials can help you alter your on-the-field behavior.

Discuss – How empathy toward your athletes impacts the way you coach.

Quotes You May Find Useful To Provide Your Players:

You only understand people if you feel them in yourself – John Steinbeck

Empathy is the foundation upon which morality is built. Joe Ehrmann

Most young athletes, regardless of their skill set or genetic gifts, are seeking an empathic connection to their coach. Joe Ehrmann

We are born with empathy but it must be nurtured, coached, modeled and affirmed. - Joe Ehrmann

Empathy is the backbone of true competition. Joe Ehrmann

Peace with ourselves and our story begets respect and empathy for players. - Joe Ehrmann

Remember that every player you coach is afraid of something, loves something and has lost something.

I believe empathy is the most essential quality of civilization. – Roger Ebert

Could a greater miracle take place than for us to look through each other's eyes for an instant? – Henry David Thoreau

Discussion – Façade / False Masculinity: Consider any one or all of the following discussion points:

From the Player's Study Guide: What is a façade?

Ask the Players – Do you think athletes at our school wear more facades or less facades than the rest of the student body?

Ask the Players – What is wrong with wearing a façade around school?

From the Player's Study Guide: What façade do you wear around your school?

Ask the Players – Why do you think students wear a façade and avoid being authentic with one another?

Discuss – Tell the players the façade you wore when you were in high school.

Discuss - Talk about when you stopped using a façade in your life and began to experience authentic relationships.

Quotes You May Find Useful To Provide Your Players:

Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind. - Bernard M. Baruch

Always be a first rate version of yourself and not a second rate version of someone else. - Judy Garland

Be yourself- not your idea of what you think somebody else's idea of yourself should be. - Henry David Thoreau

We must not allow other people's limited perceptions to define us. - Virginia Satir

It is better to be hated for what you are than to be loved for something you are not.

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. - Dr. Seuss

The reward for conformity is that everyone likes you except yourself. - Rita Mae Brown

Season of Life

Session 7 – Chapters 14 – 15

Session 7 – Read Chapters 14 – 15

Themes:

1. Family
2. Being A Teammate
3. Affirmation vs. Shame

Opening:

Show - *Remember The Titans – Teamwork (2012) – 2:49*

<http://www.youtube.com/watch?v=S02D9QzDe4s>

This is a collection of scenes from Remember the Titans focused on Teamwork.

Show – *On the Road: Middle school football players execute life-changing play – 3:21*

http://www.youtube.com/watch?v=0Ejh_hb15Fc&feature=youtu.be

This is an awesome story about middle school football players showing love, focusing on others.

Other Material To Consider Using:

Teamwork Video Team Building – Inspirational – United We Stand Divided We Fall – 2:58

<http://www.youtube.com/watch?v=GHErwWV4cqI>

This is a great video from Open The Meeting using lions attacking a herd of water buffalo to illustrate teamwork – available for purchase for legal use at www.openthemeeting.com

Fantastic Motivational Teamwork Montage Video – 3:18

http://www.youtube.com/watch?v=OERgoDcJ3_o

This is a great collection of scenes and sayings illustrating teamwork.

Discussion – Family: Consider any one or all of the following discussion points:

From the Player's Study Guide: What is your definition of family?

Ask the Players – What are some characteristics of a healthy family? How does a healthy family treat each other?

Discuss – Talk about the different roles of members of a family and how loving members of a family fill those roles (i.e. a loving father may love you, hold you, scold you, affirm you, protect you or a loving brother may love you, knock you in line when needed, stand up for you, mentor you etc)

Ask the Players – Have you ever been a part of a team that felt like a family? What made it feel that way?

Discuss – Talk to the players about a team or group of players that fit the definition of a family in how they treated each other and give some specific examples of what happened.

Quotes You May Find Useful To Provide Your Players:

People have to be given the freedom to show the heart they possess. I think it's a leader's responsibility to provide that type of freedom. And I believe it can be done through relationships and family. Because if a team is a real family, it's members want to show you their hearts. - Coach Krzyzewski

Every team requires unity....If the team doesn't do this, whatever the reason, it goes down in defeat. You win or lose as a team, as a family. - Jack Kemp

The bond that links your true family is not one of blood, but of respect and joy in each other's life. - Richard David Bach

Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what.

People ask if I raised my own family the way I ran the UCLA basketball team. I tell them, "No, I ran the team pretty much like I ran my family." - John Wooden

Discussion – Being A Teammate: Consider any one or all of the following discussion points:

From the Player's Study Guide: What happens when players on a team play for themselves vs. playing for each other?

Ask the Players – Have you been on a team where the players were not playing for each other? How did that turn out?

Discuss – Talk to the team about the best “team” you were ever a part of and what made it special.

From the Player's Study Guide: What is the difference between being on a team and being a teammate?

Discuss – Talk about characteristics you have seen as a coach that demonstrate to you that a player is playing for themselves rather than their team.

Quotes You May Find Useful To Provide Your Players:

In my life, I've always wanted to get a group of men together who have a common thought, common goal. I don't care who they are. But if those men can come together, check their egos at the door and honestly care about each other for more than what they do on the field, I think something very special can be created. - Mike Singletary

A single arrow is easily broken, but not ten in a bundle.

The best teams are made up of a bunch of NOBODIES who love EVERYBODY and serve ANYBODY and don't care about becoming a SOMEBODY! – Phil Dooley

Don't do anything as an individual that will make you stand out from your teammates. - Coach Krzyzewski

On the best teams lose themselves in the team - the individuals lose their identity. And their identities come about as a result of being in the team first. - Coach Krzyzewski

When a team outgrows individual performance and learns team confidence, excellence becomes a reality. - Joe Paterno

Sometimes players on the team are drawn together by common interests; teammates are drawn together by a common mission. - Joe Ehrmann – Inside Out Coaching

Team is a synonym for community - interdependent players, parents and coaches that share their goals for one another's benefit. - Joe Ehrmann Inside-Out Coaching

I searched for glory, but glory I did not see. I searched for victory, but victory eluded me. But when I searched for teamwork, I found all three.

All great empires are destroyed from within. Coaches must teach team attitude each day. Cause over self. – Don Meyer

Discussion – Affirmation vs. Shame: Consider any one or all of the following discussion points:

From the Player's Study Guide: What did the actions of the coach of Poly Prep at the end of the game against Gilman tell you about that coach?

Ask the Players – What are some of the things that coaches / teammates do that affirm or shame players?

Discuss – Tell the team about the best moment of affirmation you received as a player and/or coach or tell them about the worse shame you received and how it made you feel.

From the Player's Study Guide: If one of your teammates put your name down in response to whether you treated them with shame or affirmation, which would it be?

Ask the Players – What are some things you can do as a teammate to better affirm your teammates?

Quotes You May Find Useful To Provide Your Players:

As coaches, it is important to let your players know their importance to the success of the team and why they are important to the team instead of only correcting and emphasizing their weaknesses. – Jay Bilas - Toughness

Coaches can either break young people's psyches or build their souls. - Joe Ehrmann – InsideOut Coaching

A sincere compliment is one of the most effective motivational methods in existence.

Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots. - Frank A. Clark

Nothing I need to get across on my practice court is important enough to violate a young man's human dignity. – John Calipari – Player's First

The spirited horse, which will try to win the race of its own accord, will run ever faster if encouraged. - Publius Ovidius

It is illogical to conclude you can build athletes up by tearing them down. – Dr. Rick McGuire

How high will the sycamore grow? If you cut it down, you'll never know. – Pocahontas in Disney's The Colors of the Wind

Catch your players doing something right rather than just catching them doing something wrong and correcting them. - Kevin Eastman

With each of our communications we convey acceptance & affirmation or rejection & lack of interest to our players. - Joe Ehrmann InsideOut Coaching

Season of Life

Session 8 – Chapter 16

Session 8 – Read Chapter 16

Themes:

1. Transcendent Cause
2. Stopping Injustice

Opening:

Show - *Representation Project – Rewrite the Story* – 2:27

<http://www.youtube.com/user/MissRepresentation2>

A great video about creating young men who rewrite their story to have a cause.

Show – *Leave A Legacy Motivational Video* – 3:36

<http://www.youtube.com/watch?v=Qm5AiD9u-6s&feature=youtu.be>

A great motivational video on leaving a legacy.

Show - *The Bullying Experiment* – 5:01

<http://www.youtube.com/watch?v=EisZTB4ZQxY&feature=youtu.be>

This is a video about a staged bullying event and reactions – good and bad.

Other Material To Consider Using:

Bethany Hamilton – 1:41

<http://www.youtube.com/watch?v=Y-CM8C0qWwk&feature=youtu.be>

A short video about finding a greater purpose and direction through God.

What's Your Purpose? – Greatest Motivation – 8:38

<http://www.youtube.com/watch?v=8QlvQC4MXxs>

A great collection of motivational speeches about finding / pursuing purpose - long.

Martin Luther King, Jr. – Injustice Anywhere Is A Threat To Justice Everywhere – 0:36

<http://www.youtube.com/watch?v=KjIX7esSFII>

Discussion – Transcendent Cause: Consider any one or all of the following discussion points:

From the Player's Study Guide: Do you have any cause (big or small) beyond yourself where you find meaning, value or purpose? If so, what is it?

Ask the Players – How might your attitude be different if you had a cause or purpose for playing your sport that was beyond yourself?

Discuss – Talk about a time in your life where you felt you had a purpose that transcended yourself.

Discuss – Tell your players what your transcendent cause is to coach – if you do not have one, you should take the time to develop a written transcendent cause for your coaching.

Quotes You May Find Useful To Provide Your Players:

Going after your goals is a temporary joyride...Going after your Purpose is a lifetime journey. – Coach White

Athletes must understand the significance of developing a vision for their life that is greater than their individual accomplishments. – Joshua Medcalf

Most persons have a wrong idea of what constitutes real happiness. It is not obtained through self-gratification, but through fidelity to a worthy purpose. - Helen Keller

When you understand your purpose in life, you can weather any challenge.

If you were on your deathbed today and wanted to measure your success in life it would come down to two things: 1. What kind of relationships did I have? Who did I love and who loved me? 2. What kind of difference did I make in the lives of others? What transcendent cause? - Joe Ehrmann InsideOut Coaching

Encourage us in our endeavor to live above the common level of life. Make us to choose the harder right instead of the easier wrong, and never to be content with a half-truth when the whole can be won. Endow us with courage that is born of loyalty to all that is noble and worthy, that scorns to compromise with vice and injustice and knows no fear when truth and right are in jeopardy. – Cadet Prayer – United States Military Academy

Discussion – Stopping Injustice: Consider any one or all of the following discussion points:

From the Player's Study Guide: What injustices do you see around you that cause you to feel empathy toward others?

From the Player's Study Guide: What can you do to “do something about it” – to make changes to help alleviate the injustice you identified?

Ask the Players – Have you ever stepped up and stopped an injustice from occurring? What happened and how did it make you feel?

Ask the Players – What injustices occur in the halls of our school that you or the team as a whole could put a stop to?

Discuss – Tell the players about the worse injustice you ever witnessed and how you felt. Tell them how it felt if you intervened or if you did not.

Quotes You May Find Useful To Provide Your Players:

The hottest place in Hell is reserved for those who remain neutral in times of great moral conflict. Martin Luther King, Jr.

And there comes a time when one must take a position that is neither safe, nor politic, nor popular - but one must take it simply because it is right. Martin Luther King Jr.

Injustice anywhere is a threat to justice everywhere – Martin Luther King Jr.

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope – Robert F. Kennedy

Season of Life

Session 9 – Chapters 17 – 18

Session 9 – Read Chapters 17 – 18

Themes:

1. Playing For Teammates vs. Self
2. Stepping Out of The Flow In Life

Opening:

Show – *Girls Softball Miracle – Central Washington vs. Western Oregon* – 5:58

<http://www.youtube.com/watch?v=UEDBnKahuNs&feature=youtu.be>

This video is about sportsmanship, justice and being built for others as it covers the opposing players who carried a player around the bases when she blew her knee out on a home run.

Show – *Football Players Protect Special Needs Girl From Bullies* – 3:22

<http://www.youtube.com/watch?v=gtkHsARkHbg&feature=youtu.be>

This video is about a football team stepping out of the flow of life and standing up for a fellow student.

Show - *Hold The Rope” Best Football Locker Room Speech Ever!* – 5:54

<http://www.youtube.com/watch?v=tUzZOWh4ShU&feature=youtu.be>

A locker room speech about being a team built for others.

Other Material To Consider Using:

On the Road: High School basketball team’s assist from above – 3:19

http://www.youtube.com/watch?v=-CaJQmyRIpI&index=15&list=PLEb3ThbkPrFYcsA7NXXOk4DhT_MQpNAjw

This video is about playing a game dedicated to others.

Discussion – Playing For Teammates vs. Self: Consider any one or all of the following discussion points:

From the Player's Study Guide: How does practice look different when you love your teammates?

Ask the Players – Think about a season on a team where the players seemed to be in it for themselves vs. team. What kind of atmosphere existed? Was it fun to be on the team?

Ask the Players – When you see a player who is playing for himself vs. team, what are some ways you can address it with the player? What causes you to hesitate to address the issue?

Discuss – Tell the players about a season you coached where the players were playing for themselves vs. the team and what it was like to coach the team.

From the Player's Study Guide: What does it say about a player who refuses to retaliate when an opposing player takes a cheap shot against him?

Quotes You May Find Useful To Provide Your Players:

Great achievement is usually born of great sacrifice, and is never the result of selfishness.
Napoleon Hill

The number one factor that separates good leaders from the greatest leaders is selfishness.
- Todd G. Gongwer - "Lead for God's Sake"

Get out of yourself and into your team.

Ask not what your teammates can do for you. Ask what you can do for your teammates. -
Magic Johnson

On the best teams lose themselves in the team - the individuals lose their identity. And their identities come about as a result of being in the team first. - Coach Krzyzewski

Even when you've played the game of your life, it's the feeling of teamwork that you'll remember. You'll forget the plays, the shots, and the scores, but you'll never forget your teammates. -Deborah Palmore

No coach can make you work as hard or want to work as hard as a tough teammate can. –
Jay Bilas - Toughness

In my life, I've always wanted to get a group of men together who have a common thought, common goal. I don't care who they are. But if those men can come together, check their egos at the door and honestly care about each other for more than what they do on the field, I think something very special can be created. Mike Singletary

We are caught in an escapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. - Martin Luther King, Jr.

Discussion – Stepping Out of The Flow In Life: Consider any one or all of the following discussion points:

Ask the Players – Where is the general “flow” leading kids today in our school?

From the Player’s Study Guide: Where does “the flow” tend to take you in your life?

Ask the Players – If you don’t like where your life’s “flow” is going, how can you change it?

Discuss – Tell the players about a time in your life where your life’s “flow” was headed in the wrong direction and what happened or how you changed it.

Ask the Players – How can your teammates help you stay out of the wrong “flow” in your life?

From the Player’s Study Guide: Why does it take courage to lead in the right direction?

Discuss – Tell the players about a time where you felt compelled to call out someone who needed leadership in the right direction and whether you had the courage to lead in that circumstance. What feelings did you experience and what challenges did you face?

Quotes You May Find Useful To Provide Your Players:

The right thing to do and the hard thing are usually the same. - Steve Maraboli

In matters of style, swim with the current; in matters of principle, stand like a rock. - Thomas Jefferson

A ship in harbor is safe - but that is not what ships are for. - John A. Shedd

Taking a stand often has a high cost, but not taking a stand always has a higher one. - Deborah Kirby

Leaders cannot just go along to get along. Leaders must meet the moral challenge of the day.

The hottest place in Hell is reserved for those who remain neutral in times of great moral conflict. Martin Luther King, Jr.

Soft is when you choose the easier path when the right path is the harder one. - Bill Self

Two roads diverged in a wood, and I - I took the one less traveled by, And that has made all the difference. - Robert Frost

Season of Life

Session 10 – Chapters 19 – 21

Session 10 – Read Chapters 19 – 21

Themes:

1. Last Game
2. Father – Son Relationship and Expressing Feelings

Opening:

Show – *The Power of Three Words – Stepping Up* – 2:28

<http://www.youtube.com/watch?v=ux-d67skzal&feature=youtu.be>

Powerful video about father – son relationship and sharing emotions.

Show – *Boys of Fall Moments – “Coaches”* – 4:26

<http://www.youtube.com/watch?v=SUwe-YAI0fY&feature=youtu.be>

A great video about importance of football coaches in lives of young men.

Show – *Boys of Fall Moments – “The Last Home Game”* – 2:58

<http://www.youtube.com/watch?v=iT8RaZ2-ifA>

This is a great video about the last high school football game of a season.

Other Material To Consider Using:

On the Road: Wrestling away cancer – 3:19

<http://www.youtube.com/watch?v=iOecUsEUdbQ&sns=em>

This video is about a father-son relationship and motivated son to make dad proud.

Kenny Chesney – The Boys of Fall – 8:14

<http://www.youtube.com/watch?v=AlXDo5WhQXI&feature=youtu.be>

A great tribute to the last HS football game or last season.

Discussion – Last Game: Consider any one or all of the following discussion points:

From the Player's Study Guide: How do you think you will feel just before you play your last game?

From the Player's Study Guide: What will you miss the most from playing your sport?

Discuss – Tell the players what you miss most from your playing days.

From the Player's Study Guide: Do you feel like you will just “go away” or that you will “be sent” from your current team?

Ask the Players – What is the difference in how you will feel about your playing days if you feel you were “sent” from this team?

Ask the Players – What are some things that you think you are being “sent” with from this team?

Discuss – Tell the players some of the things you were “sent” with from the teams you played on and who helped “send” you with those things.

Ask the Players - How can we have the “best season ever” regardless of our record at the end of the year?

Discuss – Tell the players about how you remember your playing days and your last game or last season.

Discussion – Father – Son Relationship and Expressing Feelings: Consider any one or all of the following discussion points:

From the Player's Study Guide: What questions would you love to ask your dad or father-figure?

Discuss – Tell your players what questions you would love to ask your dad.

From the Player's Study Guide: Are you able to verbalize your love for your dad or father-figure and can they do the same to you? Why or why not?

Discuss – Tell your players about your relationship and communication with your dad. When did your dad ever verbalize his feelings toward you? How has that impacted you – positively or negatively?

From the Player's Study Guide: What can you do to improve your communication with your dad or father-figure?

Discuss – Allow the players to ask you some of the suggested questions from *Questions for My Father*, by Vincent Staniforth. Answer the questions honestly and in depth.

Quotes You May Find Useful To Provide Your Players:

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed and has faith in you even when you fail.

My father gave me the greatest gift anyone could give another person, he believed in me.
- Jim Valvano

Season of Life

Final Wrap-Up Session

Thank you for investing your time to taking your team through this player study of *Season of Life* by Jeffrey Marx. Please take your players through one final wrap-up session and exercise.

Ask the Players – What did they think about this book study?

Ask the Players – What did you learn from *Season of Life* and how will it impact this season?

Discuss – Tell the players what you learned about the team or about coaching from this book study.

Final Assignment - Give your players and coaches a blank piece of paper and ask them to do the following:

Write a letter to Jeffrey Marx. In the letter, tell Mr. Marx what you learned from your study of *Season of Life* and how it has impacted your life and/or team.

Then please scan and e-mail or mail those letters to the author of this study at:

Kenneth E. Siemens
3007 Frederick Ave.
St. Joseph, Missouri 64506
coachingwithlove@gmail.com

The author of this study will provide all those letters to Jeffrey Marx as a token of appreciation for his book *Season of Life* and for Mr. Marx input and guidance in the development of this Study Guide. Mr. Marx still shares stories he receives about *Season of Life* with Joe Ehrmann and with Mr. Marx' dad.

Season of Life

Other Resources for Coaches

Videos:

Joe Ehrmann / InsideOut Coaching / Season of Life:

Be A Man: Joe Ehrmann at TEDxBaltimore 2013 – 14:17 minutes

http://www.youtube.com/watch?v=jVl1Xutc_Ws

A comprehensive speech by Coach Ehrmann about the false messages related to Be A Man and the destructive nature of those false messages.

InSideOut Coach Joe Interviewing InSideOut Coach Biff – Opening Speech – 6:11

<http://www.youtube.com/watch?v=XDc85ajFYKg>

Biff interviewed by Ehrmann about opening speech to players first day of practice. Talks about empathy, anxiety, service, treating other players well.

SigningDay & Coach For America – Making Cuts – 6:46

http://www.youtube.com/watch?v=J5Nn0R_nplg

Coach Biff and Coach Ehrmann talking about cutting players and empathy issues.

General Motivational Videos:

Being the Best You – 6:14

<http://www.youtube.com/watch?v=1L8gOXmcsow>

This a tremendous motivational video to inspire players to be the best they can be.

Best Motivational Video – Be Phenomenal – 7:23

<http://www.youtube.com/watch?v=wzhzkKccBi8>

This is a great motivational video to inspire others to be phenomenal and to take personal responsibility for making their dreams a reality

How Bad Do You Want It? (Success) – 5:51

<http://www.youtube.com/watch?v=lsSC2vx7zFQ&feature=youtu.be>

This is the tremendous speech by Eric Thomas about being successful. It is the first half of the full speech with a background video of athletes training intensely.

Inspirational – How Great I Am – 6:39

<http://www.youtube.com/watch?v=V6xLYt265ZM&feature=youtu.be>

A great motivational video for giving it all up for your teammates with historical clips of great moments in sports.

Sacrifice – Motivational Video – 6:11

<http://www.youtube.com/watch?v=c0ZzN6hxdzo&feature=youtu.be>

This is a tremendous video with clips from various speeches about sacrificing to accomplish more in your life, to get motivated to become phenomenal.

Football Specific Videos:

Boys Of Fall Moments – “How Bad Do U Want It?” – 2:51

<http://www.youtube.com/watch?v=3s7dlfOYhRs&feature=youtu.be>

A great football video about effort.

Boys of Fall Moments – “Adversity” – 2:14

http://www.youtube.com/watch?v=E38H_SK4Xwk&feature=youtu.be

A great football video about overcoming adversity.

Miscellaneous Videos:

Kicking & Screaming (6/10) Movie Clip – Crazy Coach (2005) – 4:13

<http://www.youtube.com/watch?v=fpXPstb2DAU>

Funny video of Will Ferrell as crazy soccer coach. Comic relief about bad example of coaching.

Dr. King’s I Have A Dream to Eminem’s Lose Yourself – 3:59

<http://www.youtube.com/watch?v=0kkajL34sAI>

Martin Luther King’s famous speech set to *Lose Yourself* beat. A modern presentation of a powerful speech about a man with a transcendent cause.

Bethany Hamilton – My Story “Soul Surfer” – 7:19

<http://www.youtube.com/watch?v=-DF1Clfb3Vc>

A Christian testimony from Bethany Hamilton about her purpose, relationship with Christ, and how the loss of her arm helped her pursue her God-given purpose.

Restoring Faith in Humanity 2013 – 5:20

<http://www.youtube.com/watch?v=i-Qj7WLRgyQ>

This video shows various acts by people to stop injustice of all types.

Cross The Line – 4:37

<http://www.youtube.com/watch?v=rkdaIkAJhJA>

This video encourages the viewer to cross the line in life and improve life. This is a video intended for individual viewing and for group viewing, contact

www.givemore.com/cross

On the Road: Ohio boy's \$20 gift to soldier multiplies – 3:50

http://www.youtube.com/watch?v=ege3YJ_0IH8&feature=youtu.be

Great video on father-son relationship and a young boy who is other-focused.

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