COACH JAY'S CORNER
FRIDAY LESSON · WEEK 10

WORKBOOK

A 15-MINUTE WORKBOOK FOR COACHES, PARENTS & PARTNERS

The Advice Nobody Asked For.

Why bad coaching is unsolicited coaching, and the two questions great coaches ask *before* they say a word.



6 EXERCISES
JOHN WOODEN'S 3 RULES
THE 2 QUESTIONS
THANKSGIVING CHALLENGE

NAME _____

START HERE

Everyone's a coach these days.

Coach Jay went looking for the numbers. What he found surprised him, and it's the reason this lesson starts somewhere you wouldn't predict.

123,000
registered coaches
found by Jay through the International Coaching Federation

<1%
of everyone who says “coach”
Jay's guess at how many self-made coaches are registered

79
years
of coaching, and being coached, behind this lesson

THE BIG IDEA

Bad coaching is unsolicited coaching.

— COACH JAY

HOW TO USE THIS

1. **Watch the lesson**
“The Advice Nobody Asked For” on Coach Jay's Corner (8 min).

2. **Do the 6 exercises**
Pen and paper. Be honest. Nobody else has to see it.

3. **Try the challenge**
24 hours of no advice unless you're asked. Then tell Jay how it went.

EXERCISE 1

Are you an unsolicited coach?

be honest... ☺

Tick every statement that has been true for you in the last month.

- [ ] When my partner misses a shot, I tell them how to fix it.
- [ ] I give driving tips from the passenger seat.
- [ ] I correct how people in my family cook, clean or load the dishwasher.
- [ ] I give advice before I find out what the other person actually wants.
- [ ] I offer tips in the middle of a game, a meeting or a performance.
- [ ] I've said “I'm just trying to help” more than once.
- [ ] The people I coach hear more corrections than encouragement.
- [ ] I've criticised a teammate in front of others.

YOUR SCORE · NUMBER OF TICKS

0-2
The Listener
People come to you *because* you don't push. Keep it up.

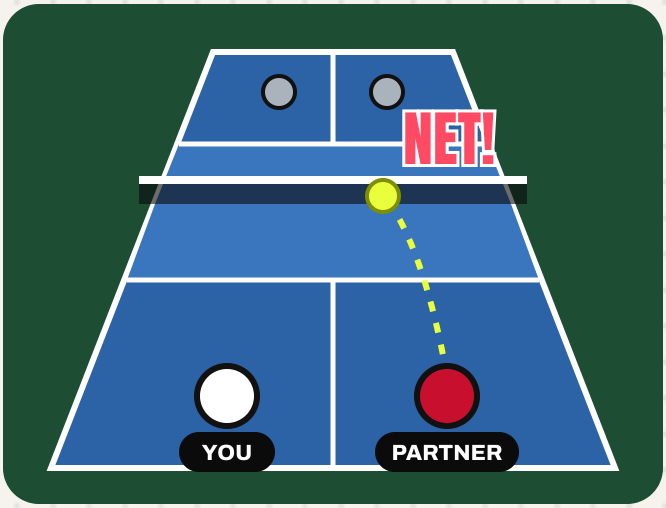
3-5
The Helpful Hoverer
Good heart, bad timing. The 2 questions on page 6 are for you.

6-8
“Nobody Asked” Alert
Verboten! Start the 24-hour challenge on page 8 today.

MY SCORE ☐ THE ONE I'LL WORK ON FIRST: _____

THE PERFECT EXAMPLE

Your partner hits it into the net. Now what?



Doubles: **two people go out fighting the world together.** One of them hits a backhand into the net. They're obviously disappointed. And the person next to them, an **unsolicited coach**, starts giving technical corrections on how to never miss that backhand again.



"Verboten. Forbidden. Don't do it."

JAY'S 3 THINGS WRONG WITH THAT

1

You probably can't fix it.

More likely than not, the "ersatz coach" doesn't know how to make the correction.

2

Nobody asked.

Nobody asked for that correction. That alone makes it bad coaching.

3

Not in the heat of battle.

Even if it's asked for, nobody makes a technical change in the middle of a competitive match.

EXERCISE 2

Rewind the last time

WHAT HAPPENED?

WHAT I SAID

DID THEY ASK? ☐ YES ☐ NO

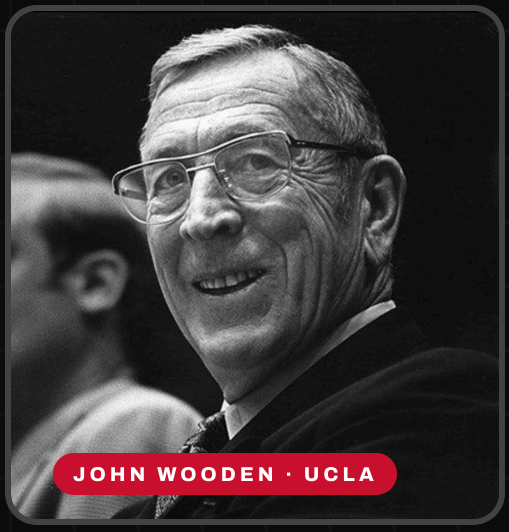
HOW DID THEY REACT?

WHAT I COULD DO INSTEAD

THE SIMPLE PREMISE

The greatest coach had 3 rules.

No one wakes up and says, “Today's a very important match. I'm going to hit the ball into the net.” So Jay borrows a simple premise from **John Wooden**, the legendary UCLA basketball coach (10 national titles), who gave his players three rules at the start of every year.



1 Show up on time.

2 No profanity.

3 Don't criticize your teammates. *“That's my job.”*

EXERCISE 3

The 7-day Wooden tracker

Tick each day you kept the rule

RULE	MON	TUE	WED	THU	FRI	SAT	SUN
1 · Showed up on time	☐	☐	☐	☐	☐	☐	☐
2 · No profanity	☐	☐	☐	☐	☐	☐	☐
3 · Didn't criticize anyone	☐	☐	☐	☐	☐	☐	☐

THE RULE I BREAK MOST, AND WHERE: _____

NEXT TIME, INSTEAD I WILL: _____

HOW COACH JAY STARTS EVERY NEW STUDENT

2 questions before we hit a single ball.

New students think they'll start batting balls right away. Instead, the first five or ten minutes are a handshake, a welcome to the court, and two questions.



QUESTION 1 · WHAT

"What are you looking for in your game? What is important to you in your growth?"

QUESTION 2 · WHY

"And why is that important to you?"

"...because that's the setup for making improvements."

EXERCISE 4

Ask before you coach

Pick one person you want to help this week

WHO

WHEN I'LL ASK (NOT MID-GAME!)

Q1 · WHAT THEY TOLD ME THEY WANT

Q2 · WHY IT MATTERS TO THEM

TRY THIS OPENER "Would a tip help right now, or would you rather I just listened?"

What they want + **Why it matters** = **The setup for improvement**

AFTER THE ADVICE

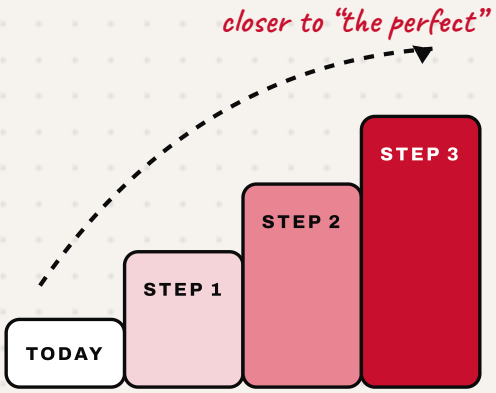
You don't grow by playing. You grow by drilling.

Players love to play games. But if the student doesn't practise between one lesson and the next, Jay says it's all bogus anyway. “You create growth by drilling. End of story. Practice.”

REMEMBER THIS TERM

Successive approximation

Teaching towards the good, towards the perfect. Not demanding it in the moment, but making **small corrections that get closer each time**: encourage, support, love, another correction, expect a little fallback, another correction.



EXERCISE 5

The least I can change that changes the most

THE SKILL (MINE OR SOMEONE I COACH)

THE ONE SMALLEST CHANGE

STEP 1 · THIS WEEK

STEP 2 · NEXT WEEK

STEP 3 · IN A MONTH

DRILL LOG

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

EVERYBODY'S SOMEBODY'S COACH

The moment you're a mama or a papa, you're someone's coach for life.

The primary coaching a parent does is **behavior**. They learn from what you do, not what you say:

You spit out the window	→	they spit out the window
You swear	→	they swear
You disrespect the waitress	→	and they will
You respect others	→	you're their most important coach



EXERCISE 6 My mirror

WHAT I DO	WHAT THEY'LL COPY

ONE HABIT I'LL MODEL ON PURPOSE

THIS THANKSGIVING

The 24-hour "Nobody Asked" challenge

- [ ] No advice unless someone asks
- [ ] Ask the 2 questions at least once
- [ ] Give 3 encouragements, zero criticism
- [ ] Treat every server like a VIP

MY COACHING PLEDGE

If it's unsolicited, I'll give it up. I'll ask before I coach, and coach by example.

SIGNED _____ DATE _____

Tell Coach Jay: what's the best advice you ever got that you *didn't* ask for? Comment on the video.

MISSED TUESDAY? The true story behind this lesson: **"One Fan in the Woods"** youtu.be/g6ZNHlCcjFM