

Key5 Coaching Blueprint

Your journey to becoming a coach with lasting impact.



LEADERSHIP

LEAD YOURSELF	LEAD YOUR STAFF	LEAD YOUR PLAYERS	LEAD YOUR PROGRAM	LEAD PARENTS
Purpose Awareness Commitments Growth Mindset Accountability	Enroll Align Train Empower Assess	Cast Vision Define Roles Develop Plans Create Opportunity Evaluate Progress	Scheduling & Logistics Boosters, Admin & Peers Finances Brand Building Community Engagement	Parent Meetings Parent Communication Parent Education Parent Participation Managing Conflicts



CULTURE

VISION & VALUES	ENVIRONMENT	STANDARDS	ACCOUNTABILITY	CONFLICT & ADVERSITY
Define Communicate Model Emphasize Reward	Safe to Fail Shared Vulnerability Healthy Competition Sacrifice Celebrate	Why Who What Where How	Personal Player-to-Player Coach-to-Player Player-to-Coach Coach-to-Coach	Anticipate Conflict Embrace Adversity Shared Ownership Courageous Conversations Renewed Commitments



MASTER TEACHING

CONNECT	TEACH	MOTIVATE	COMMUNICATE	CORRECT
Routines Authenticity Seek to Understand Vulnerability Beyond the Game	Methodology Audience Priming Layering Loading	Understand Involve Inspire Celebrate Challenge	Body Language Listening Terminology Sticky Language Efficiency	Timing Tone Frequency Understanding Alignment



PLAYER DEVELOPMENT

SKILLS	READS	HABITS	PHYSICAL	MENTAL
Shooting Passing Ball Control Finishing Defense	Primary Help Pass Screen Advantage	Offensive Defensive Communication Intangibles Preparation	Strength & Power Speed & Agility Conditioning Prehab & Rehab Sleep & Nutrition	Approach Confidence Composure Toughness Competitive Greatness



SYSTEMS & STRATEGIES

TEAM OFFENSE	TEAM DEFENSE	SPECIAL SITUATIONS	EFFECTIVE PRACTICES	GAME COACHING
Transition Press Break Man Zone Rebounding	Transition Communication Man Zone Rebounding	Baseline Sideline ATOs Unconventional End of Game	Master Planning Practice Essentials Practice Design Execution & Adaptations Evaluation	Pregame & Postgame Game Plan Game Management Strategic Adjustments Substitutions

Key5 Coaching Blueprint

Coaching Competencies Pyramid



PGC
COACHING

COMPETENCIES

SYSTEMS & STRATEGIES



What you implement

PLAYER DEVELOPMENT



How you develop

MASTER TEACHING



How you teach

CULTURE



The environment you create

LEADERSHIP



How you show up