



PGC
COACHING

BE A LIGHT TOOLKIT

TEAM VISION WORKSHEET

Why We Play – Creating Our Team Purpose

“When a team has a shared ‘why,’ everything else gains meaning—how we practice, how we compete, and how we show up for each other.”

– Coach TJ Rosene

STEP 1: INDIVIDUAL REFLECTION

Ask your players to spend 3–5 minutes writing their answers to the following:

1. Why do I play this game?
2. What makes this team special to me?
3. What kind of team do I want to be part of?
4. When I look back on this season, what do I hope we’re remembered for?

STEP 2: TEAM DISCUSSION

Use a whiteboard, poster paper, or digital doc to gather input. Ask your team:

- What words or phrases came up the most?
- What do we want to stand for—on and off the court?
- How do we want to treat each other, and represent our school/club?
- What does success mean to us this season (beyond wins)?

STEP 3: CRAFT YOUR “WHY WE PLAY” STATEMENT

Pull key words and themes from the discussion. Keep the final vision short, clear, and memorable—1 to 2 sentences max.

Formula (optional guide): “We play to _____, by _____, so that _____.”

Examples:

“We play to grow as leaders and teammates—by competing with passion, building each other up, and staying connected through every challenge.”

“We play for more than just wins—we play for each other, for growth, and to leave a legacy of character and connection.”

Final step continued on next page...

TEAM VISION WORKSHEET, CONTINUED

STEP 4: MAKE IT VISIBLE & REVISIT IT

- Print it as a poster or locker room banner.
- Include it at the top of your practice plans or team group chat.
- Start each week by revisiting the vision and asking, "Are we living this out?"

BONUS: Create a poster or digital banner with your vision for daily visibility.

WEEKLY 1-ON-1 CHECK-IN GUIDE

"A player who feels seen will give you everything they have. That happens one conversation at a time."

– Coach TJ Rosene

HOW TO USE THIS GUIDE:

- When: Choose a consistent rhythm (weekly, bi-weekly, or rotation-based). 5–7 minutes is enough.
- Where: During warm-ups, after practice, in the hallway, over text—wherever feels natural.
- How: Use the prompts below to guide your check-in. Don't rush. Listen more than you speak.

COACH'S CHECKLIST:

Before you start:

1. Glance at their Player Profile.
2. Check recent minutes, effort, attitude, or body language.
3. Bring presence, not just questions.

CORE CHECK-IN PROMPTS

Choose 2–4 each week (mix it up!):

Life & School

- What's been your high and low this week?
- How's school going? Any stress I should know about?
- How's life outside of basketball right now?

Basketball Experience

- How are you feeling about your role on the team?
- What's been going well for you on the court?
- What do you want to work on this week?

WEEKLY 1-ON-1 CHECK-IN GUIDE, CONTINUED

Coach Relationship

- Do you feel like I see and value what you bring?
- Is there anything I can do better as your coach?
- How can I support you this week?

Character & Growth

- What's something you've learned about yourself lately?
- Have you felt challenged in a good way this week?
- What kind of teammate do you want to be known as?

COACH'S REFLECTION *(Optional Notes)*

- **Player's mood/tone:**

- **Any needs, issues, or stress to follow up on:**

- **Something you want to affirm or encourage next practice:**

CHARACTER CHALLENGE GUIDE

*“Every rep, every drill, every huddle is a chance to grow character—
if we coach for it.”*

– Coach TJ Rosene

HOW TO USE THIS GUIDE

- **Pick 1 challenge per week.** Introduce it in practice, pregame, or team meeting.
- **Post it in the locker room** or write it on your practice plan.
- **Celebrate it on Fridays or after games.** Ask:
 - *“Who lived this out this week?”*
 - *“What did we learn from it?”*
- **Optional:** Have players nominate a teammate who modeled the week’s challenge.

40 WEEKLY CHARACTER CHALLENGES

Effort & Ownership

1. Sprint to every drill, game and water break faster than expected.
2. Be the first player to pick up equipment after a drill or game practice.
3. Lead your line or group with energy, focus, and communication.
4. Finish through fatigue—no complaints, no shortcuts.
5. Do an extra rep or task without being asked.
6. Make 3 teammates better just by your hustle.
7. Choose to lead when you feel tired or quiet.
8. Use every mistake as a bounce-back moment.

Gratitude & Humility

1. Thank a teammate after every drill or scrimmage.
2. Text or thank a coach, teacher, or parent this week.
3. Point to your teammate after every assist you receive.
4. Ask a teammate how you can support them today.

CHARACTER CHALLENGE GUIDE, CONTINUED

5. Celebrate someone else's success louder than your own.
6. Leave the gym or locker room better than you found it.
7. Say "thank you" to the refs—win or lose.
8. Find a quiet way to serve the team this week.

Leadership & Communication

1. Encourage every teammate by name during practice.
2. Make eye contact and fist-bump before each drill.
3. Use huddles to give clear, confident reminders.
4. Speak up when something needs to be said—kindly and firmly.
5. Give a post-practice shoutout to someone overlooked.
6. Ask a teammate how they're doing—off the court.
7. Help a younger or newer teammate feel confident.
8. Be the voice of calm when tension rises.

Resilience & Mental Toughness

1. Shake off frustration faster than usual.
2. Play with poise—no eye rolls, no blame.
3. Own your body language, even when you mess up.
4. Stay locked in when you're not getting playing time.
5. Take coaching and corrections without excuses or attitude.
6. Bounce back after a mistake with your best effort.
7. Be a thermostat, not a thermometer—set the tone.
8. Respond to a tough moment with encouragement.

Team Unity & Culture

1. Invite someone new to shoot or warm up with you.
2. Sit next to a different teammate on the bus or bench.
3. Hype up a teammate during intros or timeouts.

CHARACTER CHALLENGE GUIDE, CONTINUED

4. Organize a team cheer or post-practice shoutout.
5. Model “we before me” in every team setting.
6. Make your body language match your commitment.
7. Choose patience when things don’t go your way.
8. Protect the culture—even when no one’s watching.

BONUS TIPS

- Use the acronym **“ACE”**: **Announce, Coach, Evaluate**
 - Announce the challenge at the start of the week
 - Coach for it during practices & games
 - Evaluate who lived it out and celebrate them
- Ask:
 - “What does this challenge look like in real life?”
 - “What would it sound like if we got this right?”
- Let players take turns choosing or leading the challenge each week.

PLAYER PROFILE WORKSHEET

Name: _____ School & Grade: _____

Jersey Number: _____ Birthday: _____

PERSONAL SNAPSHOT

- **Who's in your family** (*parents, siblings, guardians, pets*)?

- **What neighborhood do you live in?**

- **What do you enjoy outside of basketball?**

- **Favorite basketball team (beside ours)?**

- **Favorite music, artist, or movie?**

- **Favorite snack or go-to meal?**

PLAYER PROFILE WORKSHEET, CONTINUED

SCHOOL LIFE

- What class or subject do you enjoy most?
- What subject do you find toughest?
- Do you have any career goals or dreams yet?
- Are you involved in other sports, clubs, or school activities?

WELLNESS

- Rate your nutrition:



- Typical breakfast:
- How many glasses of water per day?
- How many hours of sleep per night?

PLAYER PROFILE WORKSHEET, CONTINUED

- How do you manage stress?
- How many concussions have you had? When was your last one?
- Other significant injuries in the past two years?

BASKETBALL IDENTITY

- Is there a position that you enjoy playing the most?
- What do you see as your biggest strengths on the court?
- What areas are you trying to grow in this season?
- **Which phase of the game is your favorite and why?** (*Choose from Offense, Defense, Transition Offense, Transition Defense*)

PLAYER PROFILE WORKSHEET, CONTINUED

- Who are your basketball role models (*pro, college, family, etc.*)?

- What goal have you set for yourself this season?

- How do you like to be coached?

- Describe your ideal team culture?

- How do you like to contribute to team culture?

STANDARDS BEFORE STRATEGY WORKSHOP GUIDE

"Culture is built by what we allow and what we expect. Before we run plays, we define our standards."

– Coach TJ Rosene

WORKSHOP OVERVIEW

- **Length:** 45–60 minutes
- **Ideal Timing:** Pre-season, after tryouts, or as a mid-season reset
- **Who Attends:** Entire team + coaching staff
- **Format:** Discussion-based, collaborative, coach-facilitated

WORKSHOP GOALS

1. Help your team **define who they want to be**—on and off the court
2. Create a **short list of shared behavioral standards**
3. Give players **ownership of the culture**
4. Establish a **framework for accountability** throughout the season

COACH PREPARATION CHECKLIST

- Whiteboard or large poster paper
- Markers or post-it notes
- Pre-think 2–3 values important to you (don't share upfront)

WORKSHOP AGENDA

1. Warm-Up Question (5–7 min)

- Kick things off with a quick reflective prompt to get players thinking:
 - "What makes a team great—not just good?"
 - "What's the best team culture you've ever been part of?"
 - "What kind of team would you want your little brother or sister to play for?"
- Let 2–3 players share.

STANDARDS BEFORE STRATEGY WORKSHOP GUIDE, CONTINUED

2. Identity Discussion: Who Do We Want to Be? (10–12 min)

“Before we talk about systems and strategy we need to decide what kind of team we want to be this year—how we show up, how we compete, how we treat each other.”

- Ask:
 - *What do great teammates do—daily?*
 - *How should we respond to adversity, refs, mistakes?*
 - *How do we want to treat each other?*
 - *What do we want opponents to say about us after we play them?*
- Write answers on the board. Capture phrases, values, and actions (e.g. “support each other,” “respond with poise,” “hold each other accountable”).

3. Narrow It Down: Choose Our Standards (15–20 min)

Once the list is built, it’s time to narrow it down to a manageable number of the top standards to guide the team. We recommend 3-5 standards.

- **Steps:**
 - Group similar responses together (e.g. “stay positive” and “encourage each other” = *Positive Energy*).
 - Vote or come to consensus on top 3–5 standards.
 - Write them clearly and simply (“sticky language” that is 1–4 words each).
- **Examples of Team Standards**
 - Championship Habits Daily
 - Habits Over Hype
 - Joy in the Grind
 - Lead with Body Language
 - Lift the Room
 - Play with Gratitude
 - We Before Me
 - Serve Before Self
 - I Am Because You Are (Ubuntu)
 - Greatness Through Service
 - Grateful, Not Entitled
 - Choose Thankfulness Daily
 - Do the Hard Right
 - Hold Each Other High
 - Own Your Role
 - Fall. Rise. Repeat.

STANDARDS BEFORE STRATEGY WORKSHOP GUIDE, CONTINUED

4. Define the Standards (10–15 min)

- Now, define what each standard **looks like in action**.
- Ask:
 - *“What does it look like to Hold Each Other High in practice, on the bench, or when we’re tired?”*
 - *“What does Own Your Role mean when you’re not playing as much as you hoped?”*
- Write 1–2 real-life behaviors for each.

5. Commit Together (5–7 min)

- Communicate the importance of buy-in:
“These aren’t just words on a wall. We are agreeing to live these every day. That means we’ll hold each other to them—with love, consistency, and accountability.”
- Invite each player to sign a poster, dry-erase board, or team pledge sheet that lists your 4–5 standards.
- **Optional:**
 - Do a team chant or huddle to close
 - Take a photo of the standards and share with parents

POST-WORKSHOP TIPS

- **Print the Standards** and post them in the locker room, gym and/or team app
- **Include them on practice plans** or team talks
- **Revisit them weekly:** ask *“Which one did we live out this week? Which one slipped?”*
- Use them to **redirect behavior** in practices or games

MONDAY MINDSET PROMPTS

As coaches, we do more than teach skills—we shape character, instill belief, and light the path for young people to become the best version of themselves. Every week, we're given the opportunity to speak life into our athletes—to help them grow not only as players, but as people.

This **Mindset Monday Guide**, inspired by Mano Watsa's powerful [Monday Mindset videos](#), is designed to fuel your leadership and elevate your team culture. Each topic is a springboard for reflection, discussion, and transformation. Whether used to kick off practice, spark a team huddle conversation, or reflect personally, these messages will anchor your week in purpose and possibility.

Remember:

"If you get the mind right, everything else follows." — Mano Watsa

So take five minutes each Monday to pour belief, wisdom, and inspiration into your team. Because when you shape their mindset, you shape their future.

LEADERSHIP & PERSONAL GROWTH

1. **Be the "Sheepdog"** – Lead with energy and protect your team.
▶ [Are You a Sheepdog?](#)
2. **Take a Stand** – Stand firm in your values, even when it's challenging.
▶ [Take a Stand](#)
3. **Zoom Out** – Gain perspective beyond immediate circumstances.
▶ [Zoom Out](#)
4. **Set Yourself on Fire** – Ignite passion and inspire others.
▶ [Set Yourself on Fire](#)
5. **Strive for Excellence** – Pursue greatness in every endeavor.
▶ [Strive for Excellence](#)
6. **Do Hard First** – Start with the hard stuff. Finish with momentum.
▶ [Do Hard First](#)
7. **Bring the Joy** – Infuse positivity into your environment.
▶ [Bring the Joy](#)

MONDAY MINDSET PROMPTS, CONTINUED

8. **Take the Opposing View** – Understand perspectives different from your own.
▶ [Take the Opposing View](#)
9. **This Will Be a Lasting Memory** – Turn challenges into cherished experiences.
▶ [This Will Be a Lasting Memory](#)
10. **How Coachable Are You?** – Embrace feedback for continuous improvement.
▶ [How Coachable Are You?](#)

MENTAL TOUGHNESS & RESILIENCE

1. **The Thief of Joy** – Overcome the pitfalls of comparison.
▶ [The Thief of Joy](#)
2. **Dealing with Difficult People** – Maintain composure amidst challenges.
▶ [Dealing with Difficult People](#)
3. **What's Limiting You?** – Identify and break through personal barriers.
▶ [What's Limiting You?](#)
4. **Mental Toughness** – Cultivate resilience in adversity.
▶ [Mental Toughness](#)
5. **Find a Way** – Demonstrate determination to achieve goals.
▶ [Find What Works](#)
6. **Turn It Cold** – Embrace discomfort to build strength.
▶ [Turn It Cold](#)
7. **Self Talk** – Harness the power of positive internal dialogue.
▶ [Self Talk](#)
8. **How to Build Self-Control** – Develop discipline through conscious choices.
▶ [How to Build Self-Control](#)
9. **Nod Your Head** – Show active engagement and openness.
▶ [Nod Your Head](#)
10. **Make Time** – Prioritize what truly matters.
▶ [Make Time](#)

MONDAY MINDSET PROMPTS, CONTINUED

HABITS & DAILY PRACTICES

1. **Make Your Bed** – Start the day with a simple success.
▶ [Make Your Bed \(Challenge\)](#)
2. **Water Is Life** – Appreciate and utilize essential resources.
▶ [Water Is Life](#)
3. **Phone Down Challenge** – Be present by limiting distractions.
▶ [Phone Down \(Challenge\)](#)
4. **Gratitude Challenge** – Foster appreciation in daily life.
▶ [Gratitude \(Challenge\)](#)
5. **Do It Anyway** – Do the hard things, even when it's difficult.
▶ [Do It Anyway](#)
6. **Extend Grace** – Offer understanding and forgiveness.
▶ [Extend Grace](#)
7. **Welcome Feedback** – View critiques as opportunities for growth.
▶ [Welcome Feedback](#)
8. **Find Perspective** – Adjust viewpoints to navigate challenges.
▶ [Find Perspective](#)
9. **Late Night Snacks** – Eliminate after-dinner snacking for the next 14 days.
▶ [Late Night Snacks](#)
10. **What's Your Pyramid?** – Build a strong foundation for success.
▶ [What's Your Pyramid?](#)

TEAM CULTURE & COMMUNICATION

1. **Lead Like a Camel** – Demonstrate steadiness and reliability.
▶ [Be A Camel](#)
2. **Be a Giver** – Contribute selflessly to your team's success.
▶ [Practice Generosity](#)

MONDAY MINDSET PROMPTS, CONTINUED

3. **Stand for Others** – Be an ally to someone who needs one.
▶ [Stand for Others](#)
4. **Create Lasting Memories** – Focus on meaningful experiences.
▶ [Create Special Moments](#)
5. **Be a Lifelong Learner** – Commit to continuous personal development.
▶ [Learn Faster](#)
6. **Celebrate Others** – Recognize and honor teammates' achievements.
▶ [Celebrate More](#)
7. **Own Your Mistakes** – Accept responsibility and learn from errors.
▶ [Own Your Stuff](#)
8. **Speak Life** – Use words to uplift and motivate.
▶ [The Words a Coach Said](#)
9. **Be a Wing Man** – Be a friend, even if it makes you unpopular.
▶ [Be a Wing Man](#)
10. **Stop It** – Stop trying to change and control others.
▶ [Stop It](#)