

# The TrueSport Program: Train-the-Trainer

Best practice tips and tricks for effectively integrating the TrueSport Lessons.

**“Success is where  
preparation and  
opportunity meet.”**

**-Bobby Unser**

You have an incredible opportunity to provide your young athletes with the skills they need to be successful both on and off the field - and choosing to bring values education into your program is an excellent first step!

When considering how to integrate the TrueSport Lessons, you should consider...

- How you'll authentically meet your program's needs and desires.
- What values represent what your program believes in.
- How you'll promote collaboration and fun in your delivery of values education.





**Let's get started!**

Now that you've considered what your program needs are, what values your program believes in, and who your audience is, it's time to start using the TrueSport Lessons!

# Before Practice:

Before integrating any type of values-based education into your practices, it is vital that you educate yourself on the value and how it is currently being reflected or practiced in your team.

- Review the **Coaches' Corner** to educate yourself more on the value.
- Preview the **TrueSport Chalk Talks** to help prepare yourself to lead a meaningful discussion.
- Preview the **TrueSport-in-Action** activities & determine how to run them with your group.
- Prepare the **Athlete Ambassador Video** to share with your athletes.
- Consider uploading the **Virtual Lesson Walk-through** to help keep your team on track.



# During Practice:

Implementing the lessons is where the rubber meets the road, and your preparation has an opportunity to shine!

- Start by introducing the focus for the day.  
(i.e. "Today during practice, I am looking to see who can show me what leadership looks like.")
- **Ask your athletes** what they think the value represents or how the value is put into practice.  
(i.e. "What do you think good leadership might look like?")
- After a short discussion on what your athletes think the value means, **share the Athlete Ambassador video**, followed by the Athlete Ambassador Story Questions.
- Begin your usual practice for the day and keep an eye out for those actively practicing the value.  
(**Pro Tip:** Call out athletes who you see actively practicing the value and use the same language as you used at the beginning of practice. i.e. "Johnny, way to lead by example!")



# After Practice:

You did a great job of educating your athletes on the meaning of the day's value and you followed through by actively noting when you witnessed the value being practiced. Now it's time to bring it all home!

- During a mid-practice break or after-practice cool down, have an athlete or yourself lead the group through a **Chalk Talk Discussion**. Expect to spend about 10-15 minutes for a full discussion. (**Pro Tip:** Select 1-2 discussion questions per day over the course of a week to break the chalk talk into more digestible pieces.)
- Pick a day where you know the workload will be light or you find yourself needing to switch up the workout to start a **TrueSport-in-Action** activity. (Expect to spend about 15-20 minutes for each activity.)
- Send the athletes home with the **Athlete 1-Pager** and the **Parent 1-Pager** so the conversation can continue outside of practice.





**Congratulations!**

You have taken the first steps towards intentionally introducing the TrueSport values to your athletes.

**“An effective leader  
will ask questions  
instead of giving  
direct orders.”**

**-Dale Carnegie**

Being intentional, authentic, and organized in your delivery of values education will lead to success.

The TrueSport Program isn't designed to be a one-size-fits-all solution. We hope coaches who engage with The TrueSport Program will be creative and flexible in how they deliver the content the Lessons provide.

Remember...

- Educate yourself.
- Educate your athletes.
- Create lasting, positive, cultural change.

Now let's look at some commonly asked questions...



# When is the best time to teach a TrueSport Lesson during practice?

TrueSport Lessons are meant to be **integrated into your daily practices**, instead of impede what can already feel like too short of a practice time.

We recommend **breaking the lesson components into smaller pieces** over the course of a week or more, maximizing the down times of a practice to introduce the more interactive components of a lesson. (i.e. During a warm-up is a great time to introduce the value of the day, and cool downs are a perfect time for Chalk Talk Discussions to take place.)

# Who can teach the TrueSport Lessons to the team?

Anyone who is willing to put energy, passion, and intention behind it can teach the TrueSport Lessons! This can range from **coaching staff to parent volunteers to team leaders** (like a team captain).

It is important that whoever is put in charge is **prepared ahead of time** with the knowledge they will need to be successful. **Sharing the Coaches' Corner** and the 1-pager resources in advance is a great way to create an effective leader!

# How many values should I be introducing at a time?

While we would say that every TrueSport Value is important to creating a healthy and positive team culture, we also know that it takes **time, patience, and intentionality** to successfully introduce values to a team.

We recommend tackling **no more than 2 different values per week**, depending on the amount of time you have with your athletes. (If you are hosting an all-day sport camp, you can likely introduce 3-4 different values in a week if you are organized and thoughtful in your approach.)

# What does successful implementation look like?

This question requires a unique insight into your program and your athletes, but successful **implementation** of The TrueSport Program Lessons will mean:

- Your athletes and coaches can identify what values your team or program emphasizes.
- Your athletes and coaches can define and describe what a value means to the team or program.
- Your athletes exhibit behavior changes that are conducive or tracking with the expectations and values of your team or program.
- **Super Star Success:** The parents/guardians of your athletes are familiar with the values of your program and can tell you what they are.

# Now get out there!



You have taken an incredible first step in introducing values education to your athletes. Remember to have fun, be patient, and always practice intentionality when educating your athletes on the values your program believes in. And don't sweat it - TrueSport's got your back!

Contact us at [TrueSport@Truesport.org](mailto:TrueSport@Truesport.org) with any questions.