

C.O.R.E. LEADERSHIP TRAINING

Creating Ownership, Relationships & Expectations

PURPOSE

"For a people of one voice, nothing shall be impossible." — Genesis 11:6

1

Weekend Challenge

A series of challenging team events that push boundaries and build unity.

2

Common Vision

Every individual aligns on a shared mission that transcends personal goals.

3

Personal Commitment

Each player commits to something greater than themselves — the team.

WHY C.O.R.E.?

1

Best teams are player-led — this process guides staff and players to achieve that.

2

Creates many leaders all moving with ONE unified purpose.

3

Player-led excellence comes from the collective group, not a few individuals.

4

A rewarding experience players remember for life.

5

Tremendous opportunity for team chemistry and culture.

6

Provides skills for success far beyond the field.

THE 7-STEP FRAMEWORK

1

Player & Team Evaluations

Where are you? Where are we? Where do we go?

2

Nature of the Game

What is our tool to accomplish the mission?

3

Role Playing

Respecting differences & accepting given team roles

4

Trust

The coaches, team & process

5

Communication

Effective communication & individual care standards

6

Team Vision & Goal Setting

Collective vision matching habits of overall performance

7

Commitment

Individual commitment & acceptance of team accountability

STEP

01

EVALUATION

Player & Team
Assessment

*Where are you?
Where are we?
Where do we go?*

- Program-designed player evaluation tool to establish baseline.
- Measures beliefs, understanding of purpose, self-awareness, and habits of excellence.
- Measures actions of choice in relationships, sacrifice, and performance.
- Coaches set individual times to meet with each player privately.
- Team discussion on greatest collective weakness, strength, and action plan.

STEP 02 · NATURE OF THE GAME

OUR CORE PURPOSE

Develop young men who are impactful and successful in society.

Football is our tool — a mechanism of purpose, not just sport.

Paintball or Laser Tag used to simulate team combat dynamics.

Football's origins: 11 people working together to attack or defend. If one fails, all fail.



Football succeeds by striving for a cause greater than self. No matter what society says — this is a game of unity, trust, and shared vision.

Key Takeaway

Must all trust the same vision and work as a unit. Life is a tough team game.

STEP

03

ROLE PLAYING

Accepting Your
Role

"Our stories make our puzzle piece unique."

Team Puzzle

Some pieces fit quickly, some later — but the picture cannot be complete without everyone.

Power of Diversity

Internal vs. external differences make us stronger. Every story, every role matters.

Personality Exposure

Activities reveal personality types and leadership styles for healthier team dynamics.

Trust Your Role

Trusting coaches and the process means trusting and embracing your assigned role.

STEP 04 · TRUST

Rafting · High Ropes · Leap of Faith · Trust Falls

1 Overcome Fear

Players must trust coaches, process, and each other before any vision can be established.

2 The Stranger Exercise

Players perfectly follow a stranger's instructions — exposing why the same trust isn't always given to coaches and process.

3 The River Metaphor

The river or process is used to describe the season's challenges: togetherness, obstacles, complacency, and relationships.

4 Regret vs. Accomplishment

This exercise maximizes the visual impact of choosing commitment over comfort. Links total program trust between all staff and players.

STEP

05

COMMUNICATION

Verbal & Non-Verbal
Strategies

Low Ropes · Obstacle Courses · Escape Rooms

Create team competition with rewards for time or completion.

"Power of a Caring Teammate" — identifies strategies for proper influence and emphasizes caring as accountability.

Variety of exercises stress both verbal and non-verbal communication to accomplish specific tasks.

Identifies who needs to be more verbal and who needs to pull back — exposing positives and negatives in leadership.

Allows for discussion on how to properly lead the team given each player's specific role.

STEP 06 · TEAM VISION & GOAL SETTING

THE PROCESS

- 1 Collaborative board exercise: if you trust the process and your role, you need a shared vision.
- 2 Ask: 'How would someone describe this team a month after the season?' List all characteristics players name.
- 3 Players discuss and vote — narrow to 5 defining characteristics.
- 4 Develop a unified team Mission & Vision Statement from those 5 words.

EXAMPLE MISSION STATEMENT

"We are a brotherhood that plays with inspiring effort that demonstrates physical and mental toughness."

After the mission statement is set:

Every habit, decision, and behavior is now measured against this statement. The team owns it — coaches didn't write it.

STEP 07 · COMMITMENT

The Night Exercise

VISUALIZE

Players imagine being at the end-of-season banquet. Their name is called. What will the coach say about their value to the team?

WRITE

Each player receives 2 index cards. They write the coach's speech for themselves — one card to keep, one for the coach. Takes 20-45 min. Players write honestly.

READ ALOUD

Each player is called up to read their speech to the entire team. Players don't know they will have to present when writing. Coach ensures nothing is skipped.

BONFIRE & ASH

One card is burned in a bonfire. The ash is used for face paint or eye black during the season — a physical reminder of their commitment to compete.

ADDITIONAL ELEMENTS

CHEMISTRY TIME

Allow unstructured time for bonds to form organically:

- Team BBQ / Fish Dinner
- Card Games
- Madden Competition
- Lake Activity
- Water Park
- Corn Hole / Ladder Ball
- Campfire & S'mores

OTHER IDEAS & RESOURCES

Captain's 7 Ways to Lead

Referenced throughout training discussions. Players receive a copy at the conclusion of the program.

Visual Lesson Packets

Create visual lessons to emphasize key points during weekend sessions and debriefs. Give each player a packet at the close.

Debrief Discussions

Each activity is followed by a structured debrief — connect the experience back to the 7 steps and the team mission.

BUILD SOMETHING WORTH PLAYING FOR.

Get in touch to bring C.O.R.E. Leadership Training to your program.

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BLOG

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