



# THE NO TALENT CODE



**LEWIS CARALLA**  
HEAD FOOTBALL STRENGTH COACH  
GEORGIA TECH



# THANK YOU!

MATT BALIS  
AARON WELLMAN  
RON MCKEEFERY  
CHAD SMITH  
MY HIGH SCHOOL COACH  
MY PARENTS  
MY WIFE  
ALL FORMER AND CURRENT INTERNS, GA'S, ASSISTANTS  
ADVERSITY AND ALL MY MISTAKES



# PURPOSE OF TALK

- 1.) The easiest things to do are still the best kept secrets.
- 2.) Struggle is your one way ticket to success.
- 3.) Understand No Talent Concepts.
- 4.) Coaching to be Irreplaceable.



# WHAT IT TAKES TO LOVE SOMETHING

Failure  
Hard Work  
Sacrifice  
Faith  
Loyalty  
Fight





## BEING A *STRENGTH COACH*

- 12-0?
- 0-12?
- Strength (Why you're needed)
- Coach (Their Hearts and Souls)



## MENTALLY *TOUGH*

- FOR THE GAME OR AFTER?
- THE EXPERIENCE TO OUT LAST.
- PERSPECTIVE PREACHERS. (STONES)



## THE *INTERVIEW*

- 1.) Why do it?
- 2.) What do you ask?
- 3.) How does it help?



## MESSAGES

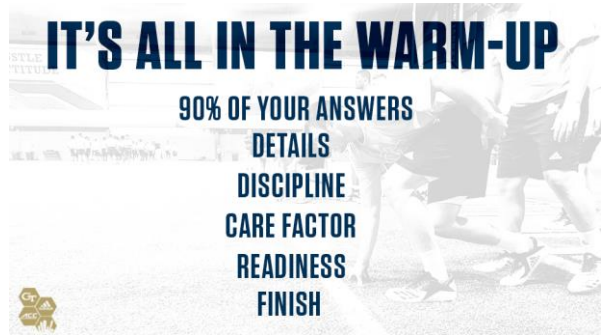
- EVERY DAY
- WHAT ARE THEY?
- YOUR DEPOSITS MATTER MORE THAN YOUR WINS





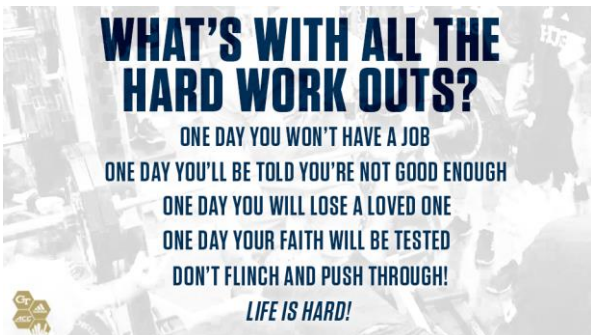

## TEAM CHALLENGES

- JUMPING JACKS
- RIGHT, LEFT, RIGHTS
- TEAM 3X5'S
- TEAM HALF GASSER TIMES



## IT'S ALL IN THE WARM-UP


- 90% OF YOUR ANSWERS
- DETAILS
- DISCIPLINE
- CARE FACTOR
- READINESS
- FINISH



## WHAT'S WITH ALL THE HARD WORK OUTS?

- ONE DAY YOU WON'T HAVE A JOB
- ONE DAY YOU'LL BE TOLD YOU'RE NOT GOOD ENOUGH
- ONE DAY YOU WILL LOSE A LOVED ONE
- ONE DAY YOUR FAITH WILL BE TESTED
- DON'T FLINCH AND PUSH THROUGH!

*LIFE IS HARD!*



## 3 SECRETS TO *SUCCESS*

- SAY YES SIR
- ARRIVE EARLY
- STAY LATE





## **QUICKEST WAY TO LOSE RESPECT**

**TAKE SHORTCUTS  
AND GIVE ADVICE ABOUT THE LONG WAY**



## **NEW RESEARCH OUT**

**WHEN YOU CARE MORE ABOUT THE TEAM GOALS  
MORE THAN YOUR OWN, YOUR OWN GOALS GET  
ACCOMPLISHED QUICKER!**



## **ADMIT FLAWS OR POTENTIAL?**

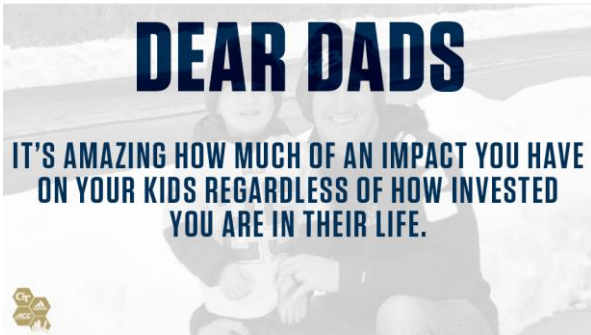
**PEOPLE DON'T LIKE TO ADMIT WHAT THEY'RE REALLY  
CAPABLE OF BECAUSE IT REQUIRES MORE WORK THEN WHAT  
THEY'RE DOING RIGHT NOW.**



## **ASSISTANTS/ GA'S/INTERNS**


**IF YOU WANT A MULTI-YEAR CONTRACT ONE  
DAY, WORK LIKE YOU'RE ON A ONE DAY  
CONTRACT TODAY.**





# DEAR DADS

IT'S AMAZING HOW MUCH OF AN IMPACT YOU HAVE ON YOUR KIDS REGARDLESS OF HOW INVESTED YOU ARE IN THEIR LIFE.



# MAKE A *DIFFERENCE!*

- YOU MAY MAKE A BIG DIFFERENCE AT YOUR JOB
- JUST REMEMBER
- THE ONLY JOB THAT GETS REMEMBERED
- IS THE ONE YOU DO AT HOME!



# TRUTH... *THE DODGEBALL*

The Last Thing Anyone Wants To Get Hit With Is The Truth!  
Can you accept criticism?  
As a Leader, Can you give honest criticism to others?



# HARD WORK *PAYS OFF*

BUT NO ONE EVER TELLS YOU WHEN.

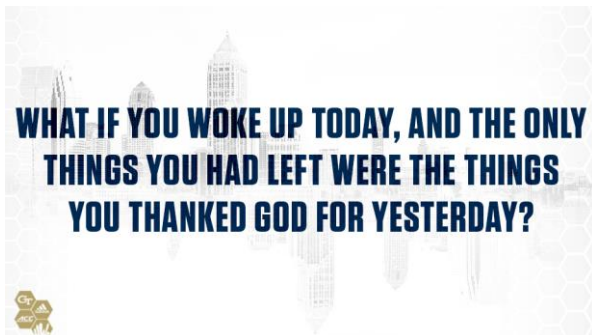





**DREAM DOESN'T BECOME A REALITY**  
**NOW WHAT?**  
**FAILURE?**  
**REDEFINE SUCCESS?**  
**KEEP THE FAITH?**




**FRIENDS AND EXCELLENCE**  
**THE CLOSER YOU GET, THE MORE FRIENDS YOU LOSE.**  
Everyone loves when you're average because it makes **THEM** comfortable  
People might want what's best for you, but not better than **THEM**



**WHAT IF YOU WOKE UP TODAY, AND THE ONLY THINGS YOU HAD LEFT WERE THE THINGS YOU THANKED GOD FOR YESTERDAY?**



**HOW DO YOU LEAD?**  
**IF IT'S NOT BY EXAMPLE, THERE'S NO POINT IN BEING VOCAL.**



## REALIZE WHAT YOU HAVE

DON'T THINK ABOUT WHAT YOU DIDN'T GET  
AFTER PRAYING, THINK ABOUT ALL THE  
COUNTLESS BLESSINGS GIVEN WITHOUT ASKING



## FOOTBALL IQ VS. 40 TIME

YOU'RE 4.4 40 TIME **DOESN'T MEAN ANYTHING**  
IF YOUR FOOTBALL IQ IS EQUIVALENT TO 5 FLAT.



## MANAGE FAILURE = *SUCCESS*

MISMANAGED SUCCESS IS THE LEADING CAUSE OF FAILURE, BUT  
WELL MANAGED FAILURE IS THE LEADING CAUSE OF SUCCESS.

**COMPETITIONS DAILY (WIN, LOSE, OPPORTUNITY)**



## STRONG *VS.* TOUGH

YOU MAY BE "**STRONG**" BUT THAT DOESN'T MEAN YOU'RE **TOUGH**  
DON'T BE AFRAID TO TRAIN YOUR KIDS (BOILING WATER, POTATO, EGG)  
YOU OFFER THEM NOTHING FOR LIFE IF YOU DON'T TRULY CHALLENGE THEM  
(SQUAT 500 OR LUNGE A MILE WITHOUT STOPPING?)  
**WHO ARE YOU GOING TO WAR WITH?**



## ANGRY *VS* SINFUL

WE THINK OF ANGER AS BEING SINFUL, BUT SOMETIMES **NOT** GETTING ANGRY IS SINFUL.

WE WAIT TOO LONG TO GET ANGRY.

THERE IS TRUE PRODUCTION IN ANGER.

(FIRED TWICE IN A ROW)

**ANGER CREATES GREAT HABITS.**



## THANKS *VS* BLAME

● PEOPLE ALWAYS FORGET TO **THANK YOU FOR DOING GOOD** BUT NEVER FORGET TO **BLAME YOU FOR DOING WRONG.**

● LAUNDRY EXAMPLE

● MOM EXAMPLE



## 4 QUARTERS OF *THANKFULNESS*

● 3 MONTHS = 1 QUARTER

● LIST OF OWED GRATITUDE

● WHY IT MATTERS

● WHY ONCE A YEAR WON'T WORK

● LIFE IS TOO SHORT TO LEAVE IMPORTANT WORDS UN-SAID!



## START *LYING* MORE

● HOW MUCH EXTRA?

● HOW MUCH FILM?

● EVERYTHING DOESN'T NEED TO BE POSTED

● PRIVATE VS. PUBLIC





## SORE? TIRED? *SPRINT!*

- WHY DOES THIS MATTER? (LIFE)
- CONFIDENCE OPPORTUNITY (EDGE)
- LEADERS STEER THE SHIP WHEN IT'S ABOUT TO SINK




## UNDERDOG - NOT THE PROBLEM

- NO CHANGE? NO PROBLEM
- BEING THE FAVORITE?
- DON'T LET SCENARIOS CHANGE YOUR CULTURE
- DETAILS, NO GRAY AREA, CONSISTENCY




## THE *BEAR* AND THE *LION*

14 DEGREE DAY 1 WORKOUT	MAC RIVALS LIFT
KEEP IT 100 LIFT	1776 LIFT
5-3-1-20 LIFT	TAP OUT LIFT
GT MADNESS (TOURNAMENT OF CHAMPIONS)	EVERY TEAM RUN
PARTNER LIFT	PROTECT THE HOUSE #2
PROTECT THE HOUSE #1	NIGHT LIFT FINALE




## WANT TO BE *UNCOMMON*

- SHUT DOWN NEGATIVE CONVERSTATIONS AND START COMPLIMENTING PEOPLE BEHIND THEIR BACK.
- NEGATIVE ALWAYS FINDS NEGATIVE.
- IT WILL RUIN WHO YOU ARE.
- I'VE ALWAYS WORRIED WHO MY CHILDREN WILL HANG WITH.
- SAME GOES FOR YOU AS AN ADULT.




## DESTINATION ADDICTION

THE IDEA THAT HAPPINESS IS THE NEXT PLACE, JOB OR PARTNER.  
UNTIL YOU GIVE UP THE IDEA THAT HAPPINESS IS SOMEWHERE  
ELSE, IT WILL NEVER BE WHERE YOU ARE.

**THE GRASS IS TRULY GREENER WHERE YOU WATER IT**



## HATERS

HATERS WILL SEE YOU WALK ON WATER AND  
SAY IT'S BECAUSE YOU CAN'T SWIM.

WHAT I'VE LEARNED TO DO WITH HATERS.

## LAUGH



## SHOW ME THE CAR FACTS!

- **THAT CAR LOOKS GREAT!**
- **THAT ATHLETE LOOKS GREAT!**
- **SHOW ME THE CAR FACTS.**
- **(NFL SCOUTS) (EMPLOYERS)**

## WHAT GIVES YOU THE RIGHT TO COACH?

- YOUR PAST/RESUME?
- WHAT GIVES YOU THE RIGHT TO BE THE DAD OF YOUR SON?
- IS THERE A DIFFERENCE IN HOW YOU SHOULD CARE?
- I KNOW I WOULD WANT MY SON COACHED BY PERSON WHO SEE'S IT NO DIFFERENTLY.



## WHAT WOULD YOU TELL YOUR SON?

**PLAYER:** "MAN, COACH, I'M FEELING STRESSED OUT, ALL THIS SCHOOL WORK ON TOP OF FOOTBALL AND THE COACHES YELLING AT ME ALL THE TIME. I DON'T KNOW WHAT TO DO, I FEEL LIKE I DON'T WANT TO BE HERE ANYMORE. DO YOU HAVE ANY ADVICE?"

**COACH:** "WHAT WOULD YOU TELL YOUR SON?"

BY YOU GOING THROUGH SOMETHING, YOU HAVE VALUABLE EXPERIENCE TO GIVE YOUR SON ONE DAY. OTHERWISE DON'T TELL HIM TO PUSH THROUGH. SEE THE BIG PICTURE.



## THE ALL-AMERICAN ROAD

EVERYONE WANTS THE GLORY OF BEING AN ALL-AMERICAN.

BUT VERY FEW RESPECT THE HUMBLE ROAD IT TAKES TO GET THERE.

(SCOUT TEAM, RED-SHIRT, TRAVEL-TEAM, PLAY A LITTLE, BATTLE INJURIES, PLAY A LOT, JUCO, ALL-CONFERENCE)

IN FACT THAT'S WHY THERE ARE SO FEW.



## THE 1 DAY CONTRACT

WANT A MULTI-YEAR CONTRACT?

WORK LIKE YOU'RE ON A 1 DAY CONTRACT.

THAT'S ALL YOU HAVE IN THIS LIFE.



## HURTFUL TO BE HELPFUL

SOMETIMES YOU HAVE TO SAY SOMETHING HURTFUL TO BE HELPFUL.

MOM, WIFE EXAMPLE.

TKO YOUR EGO WITH PERSPECTIVE.



## **“DO NOT FEAR”**

THE BIBLE SAYS “DO NOT FEAR” 365 TIMES.

WE'RE NOT SUPPOSED TO SHY AWAY FROM WHAT WE WANT.

PEOPLE NEVER START BECAUSE THEY DON'T WANT  
TO BE SEEN AT THE BOTTOM.



## *WHEN ADVERSITY HITS / HIT BACK!*

- GET PUNCHED IN THE FACE, WHAT'S YOUR REACTION?
- BUT WHEN LIFE PUNCHES YOU IN THE FACE, WHY IS IT DIFFERENT?
- ADVERSITY HAS IT'S WAY WITH SO MANY BECAUSE THEY DON'T HIT BACK!



## *INTELLIGENCE CREATES FOLLOWERS*

- DIDN'T STUDY? NATURAL TO PEEK.
- LEADERSHIP IS NO DIFFERENT.
- 100% CONFIDENT/PREPARED WITH APPROACH.
- CREATE ARMY OF FOLLOWERS.



## *THE MORE YOU SHINE!!!*

- THE MORE SHADOWS AND DARKNESS YOU'LL ATTRACT.
- CRITICS ARE FRUSTRATED DREAMERS.
- THEY GET MAD WHEN THEY SEE SOMEONE ELSE MODEL POSSIBILITIES.



## ABSENT DURING THE STRUGGLE

THERE ARE ONLY A FEW PEOPLE IN THIS WORLD  
YOU CAN REALLY TRUST.

IF THEY'RE NOT WITH YOU DURING YOUR STRUGGLE,  
DON'T CELEBRATE WITH THEM WHEN YOU SUCCEED.

FAKENESS IS EVERYWHERE. (GA EXAMPLE)



## WE LISTEN TO *REPLY* NOT UNDERSTAND



Just because you are right,  
does not mean, I am wrong.  
You just haven't seen life  
from my side.



## LOGIC *VS* HEART

There will be times where logic points to paper.  
Logic will point to the easy way out.  
Your Heart will pay off much more in the end!



## A COACH'S *TOUGHEST* DAY

- WATCHING A PLAYER WASTE HIS TALENT DUE TO POOR LIFESTYLE CHOICES.
- HAD IT ALL AND BLEW IT?
- BECAUSE IF THEY REALLY **HAD IT ALL**, THEY WOULD NEVER BLOW IT.
- **IT'S YOUR JOB** TO MAKE SURE THEY HAVE IT ALL.
- THIS IS THE REASON I'M SO PASSIONATE ABOUT THIS.



## NO TALENT LISTS BEING A DAD:

- 1.) SHOW ENTHUSIASM EVERY DAY
- 2.) GO OUT OF MY WAY TO DO SIMPLE THINGS THAT MAKE THEIR DAY.
- 3.) TEACH THEM VALUABLE LESSONS
- 4.) LEAD BY EXAMPLE.
- 5.) PROTECT THEM.



## NO TALENT LISTS BEING A HUSBAND

- 1.) TELL HER YOU LOVE HER EVERY DAY.
- 2.) HOW CAN I HELP? ALWAYS REPLAYING IN MY HEAD.
- 3.) DO VERY SIMPLE AND SWEET THINGS FOR HER.
- 4.) INTENTIONAL ABOUT PLANNING THINGS FOR THE FAMILY.
- 5.) PROTECT HER.



## NO TALENT LISTS BEING A SON

- 1.) TELL PARENTS I LOVE THEM AS MUCH AS I CAN.
- 2.) BE VERY THANKFUL.
- 3.) SHARE AS MUCH OF MY LIFE WITH THEM AS I CAN.
- 4.) MAKE THEM PROUD BY MY WORK ETHIC.
- 5.) HELP THEM IF EVER IN NEED.



## NO TALENT LISTS BEING A COACH

- 1.) LEARN EVERYTHING YOU CAN ABOUT THE PLAYERS.
- 2.) MOTIVATE THEM DAILY.
- 3.) BRING POSITIVE ENERGY TO THEIR LIFE EVERY DAY.
- 4.) CHALLENGE THEM IN EVERY WAY.
- 5.) EARN RESPECT BY EXAMPLE.



## MY NO TALENT EDGE

- 1.) Read and write before my day starts.
- 2.) Work harder than the players I coach.
- 3.) Ask questions constantly.
- 4.) Go out of my way to help others.
- 5.) Pray and be thankful.

## MAGIC FORMULA

- LIVE WHAT YOU PREACH
- BE A LIGHT IN DARK TIMES
- GIVE EXTREME EFFORT TO MAKE A SMALL DIFFERENCE
- SHARE YOUR MISTAKES
- GET EXCITED TO HELP OTHERS SUCCEED
- THEN YOU WILL BE A LEADER

## WHAT'S THE POINT?

Be aware that barely anything takes talent!  
 You don't need it to separate yourself!  
 You need to be determined to be irreplaceable.

## TOP 5 BOOKS

- **CAN'T HURT ME:** DAVID GOGGINS
- **FEARLESS:** ERIC BLEHM
- **LEADER-SHIFT:** JOHN MAXWELL
- **IN A PIT WITH A LION ON A SNOWY DAY:** MARK BATTERSON
- **EVERYONE COMMUNICATES, FEW CONNECT:** JOHN MAXWELL





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The image shows Coach Lew Caralla on a football field, wearing a dark blue polo shirt with "GT" and "LEW CARALLA" on it, and dark blue pants. He is holding a gold trophy aloft in his right hand. In the background, other people in athletic wear are visible. To the right of the photo is a white graphic overlay with contact information and the Georgia Tech logo.