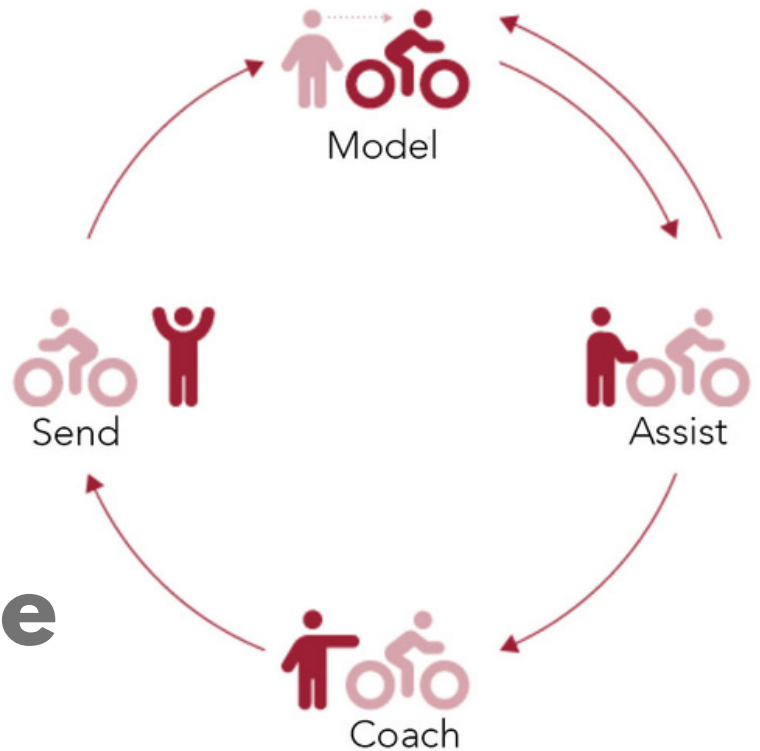




**Our Best Story**  
Together Living Our Fullest Lives

# M-A-C-S Training Cycle



**MODEL** — *When a child sees someone riding a bicycle, that is the MODEL phase.*

Modeling is simply providing an example of a practice or tool. It is the briefest part of the training cycle. It usually only needs to be done once. It is simply creating an awareness that a practice or a tool exists and giving a general idea of what it looks like. Modeling repeatedly is not an effective way to equip someone. They need to be allowed to try the skill themselves.

**ASSIST** — *When a parent is holding the bicycle while a child is learning to ride, that is the ASSIST phase.*

Assisting is allowing the disciple to practice the skill. This takes longer than the modeling phase. It requires "hand-holding" on the part of the coach. The coach needs to be directive and take an active role in coaching the disciple. This phase does not last until the disciple is fully competent, but merely until they understand the basics of the skill. If this phase is continued too long, then the disciple will develop a dependence on the coach and never advance to full competence. The end of the assist phase should be marked by the disciple starting to model for others.

**COACH** — *When a parent is observing a child and coaching adequate skills to ride, this is the COACH phase.*

Coaching is the longest phase. It involves more indirect contact with the disciple. It seeks to develop full competence in all facets of a skill. It may be ten times or more as long as the first two phases combined. As the disciple progresses in skill, the contact with the coach may become less regular and more ad hoc. In this phase, the disciple gradually takes more responsibility and initiative in the performance of the skill. Typically in disciple-making, the mark of the end of this phase is when the disciple has passed on the skill successfully to the fourth generation through those whom he or she is coaching.

**SEND (CO-LABOR)** — *When a parent releases a child to ride unsupervised that is the SEND phase.*

Leaving is a sort of graduation when the disciple becomes a peer of the coach. Periodic contact and peer coaching may continue to take place if the disciple and coach are in the same network.