

## 3Dimensional Coaching - Parent Video Handout (Fill in the Blanks below as you watch)

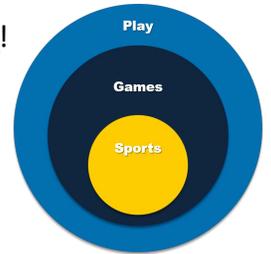
Link to the Video: <http://www.3dinstitute.com/3d-parenting-video/>

- Choose from the Full version (28:17) or the three Segments (7:56, 11:08, 9:10)

**A few things foundationally we need to understand** - When we do, we can create beautiful life-giving experiences where all of us T, instead of just S or even be a casualty of a good thing gone wrong in sport, but we have to get the Foundation right:

### 1. **The Purpose of Sport** (Video segment 1- 7:56)

- Sport is a subset of P.
- Play is always done for the pleasure of the activity – because it's F!
- It's one of the few things that engages our whole being (body, mind, spirit)
- It is **marked by joy and wonder as it captures our imagination and effort in process and pursuit**
- Play – Unstructured imaginative physical activity
- Games – Structured imaginative physical activity
- Sport - Structured imaginative physical activity with "C" added in to spice it up
- We need to make sure that "spice" of sport (competition) doesn't become the "P" of sport. When Competition becomes the Purpose, it shoves out joy and wonder and inserts "W" – When that happens, the process becomes dis-eased.
- We need to make sure that we don't pick up this adult competitive model and drop it on our kids, because we are killing them with it.
- Sure we want our kids to learn how to compete. We also want our kids to learn how to drive but we wouldn't put our 5 year old behind the wheel of a car – they're not ready for it (it's a readiness principal, first and foremost). It will happen sooner or later naturally on its own:
  - But when we take our adult imagination and force it on our kids in this desire for more and more competition earlier and earlier to make "C" out of our children, we vandalize their play and shut down their imaginations, and we see harm in that process at all 3 dimensions (body, mind, spirit).
  - 75% of kids today stop playing competitive sports by the time they get to high school. The #1 reason they give = "It's no fun anymore".
- Let's be sure to keep J and W that captures imagination and effort at the core – It's the path to mastery anyway. That's the P of sport



### 2. **Our Role in the Process** (Video segment 2- 11:08)

- The 3 Dimensions and (**the Coaches Responsibility**)
  - Dimension 1 = Fundamentals (physical)
    - Strength, speed, power, skills, tactics, techniques, quickness, cardiovascular
    - Coaches need a strategy and be good at it



- Essential to the sports journey (the foundation)
  - Dimension 2 = Psychological (mind)
    - Motivation, confidence, intensity, focus, emotions, mental imagery, goal setting, team cohesion
    - Coaches “have” to coach level 1 – they “ought” to coach level 2 and 3
  - Dimension 3 = Heart (spirit)
    - Value, self-worth, identity, character, significance, purpose
    - Sport is affecting this level – 3D coaching wants to give strategies for coaching this level
- You as parents are a vital P in this process
  - You, just like us, want to do what’s best for your son/daughter and the team as a whole
  - In order to do that, we need to be on the same team – And that means we need to form a clear understand of our R so we avoid mixing our roles and confusing the students as a result

● **What is the Parent’s Responsibility?**

- To L your child unconditionally and to S their development at all 3 dimensions
- **You don’t do the coaches job, especially in tactics and strategy** – when kids here more than one voice, they get confused – “Let the C coach”
- Level 1 responsibility (P)
  - Security, food/nutrition, shelter, clothing, rest/sleep – there physical maintenance and development
  - A strategy for getting your kids to/from practice and games
  - A strategy to determine how much of the limited resources of time and money your are going to put towards this journey
  - Our kids “need” you to perform here
- Level 2 responsibility (Mind)
  - Give them the right “Mind” – the mental attitude that will determine how you will interpret and respond to situations
    - Fixed mindset – you have permanent attributes (don’t grow) and we are judging you on them
    - **Growth mindset** – You are a developing human being and I am interested in your development and we can change our ability to think and perform. “Wow that’s a really good score – You must have worked hard at this” – praise the process and effort
  - Praising:
    - Praising kid’s intelligence/talent (fixed mindset) “Harms” their motivation and performance.
    - **Praising their E** (growth mindset) “Improves” their motivation and performance.
    - Play Keep Away:

- Keep away from the kind of praise that judges their intelligence and talent and the kind of praise that implies you are proud of them for their talent and intelligence.
- Instead, praise them for the “growth” process on their effort and practice and persistence and good strategies.
- Engage them in conversation that shows them you are interested in the “P\_\_\_\_\_”.
- If you want to give your kids a gift, teach them:
  - To love C\_\_\_\_\_.
  - To be intrigued by M\_\_\_\_\_.
  - To enjoy E\_\_\_\_\_.
  - To keep on L\_\_\_\_\_.
- And when you hear that voice in your head or your child say “I can’t do this”, fight back by adding one more word – Y\_\_\_\_\_. “But with good practice and persistence over time, I will”. (That’s a growth mindset)
- Level 3 responsibility (Spirit) (Video segment 3- 9:10)
  - Parents have the L\_\_\_\_\_ role, in and out of sport
  - At the spiritual level (whose function is to give value and ascribe worth) what are you doing to I\_\_\_\_\_ steward the L3 development of your child? If you don’t bring intention to the process, there are plenty of other intentions out there to form it.
  - “Value” is a L3 attribute
    - What does the Sports World “Value” – Winning/Results. Winning trumps Process. When results trumps process, “The Ends Justify the Means”. That process is key to the development of “Character” (The Essential nature of something or someone)
  - It is said that “Sport Builds Character”. What do we know about sports and character?
    - For the attributes of character that help me to achieve my goal (dedication, sacrifice, teamwork, leadership, perseverance, self-control), sport is a great training ground to help athletes develop character
    - **Results of a study - The longer kids are in competitive sports (especially team sports), the less they make good moral decisions.**
      - The D\_\_\_\_\_ mode of sport tends to “erode” moral character.
    - Honesty, justice, responsibility, kindness, mercy – **Sport can be a great place for these to be formed, but it does not happen by default, it requires I\_\_\_\_\_**. It requires you as parents that intentionally honor it and coaches who intentionally teach it.

■ Trials

- Can lead to Perseverance – Proven Character – Hope
- Can also lead to Discouragement – Division and Dissention – Despair
- How do we keep the trials moving in a beneficial direction?
  - “Dis”Couragement (the removing of courage) leads down the undesirable path and “En” Couragement (to put courage in) leads down the desirable path
- Courage isn’t simply “one” of the virtues – it is the “form of every virtue at its testing point”.
  - It takes Courage to persevere, tell the truth, exercise self-control, extend mercy,...



● It is our responsibility to:

- Put Courage   .
- Make sure there is a future hope - When there is hope in the future, there is power in the present

● Here are some practical ways to do that:

- Don’t critique teammates or coaches in front of your C – it is inherently discouraging
- Understand the rules of the R.
  - When kids are asked about their **worst experiences with sport**, they say “**the ride H**    **with mom and dad after the game**”. Don’t process the game with your child on the way home. You keep processing the game, kids need time to recovery – let them initiate the C about their play. If you don’t let T initiate it, you will part of their worst experience.
- Stop the competition in the S.
  - Your kids performance on the court is not a reflection of your parenting
  - They are all our kids – your job is to E their play
  - Simply tell your child you L watching them play

○ Keep 1<sup>st</sup> Things 1<sup>st</sup>

- When 1<sup>st</sup> things are 1<sup>st</sup>, 2<sup>nd</sup> things (winning) aren’t diminished, they are actually enhanced
- But when 2<sup>nd</sup> things become 1<sup>st</sup> things, you will lose them both
- In Sport, it is J and W (1<sup>st</sup> things) that captures their imagination and effort
- Your role as a parent:
  - L your child unconditionally
  - S their development in all 3 dimensions
- Let’s “all” enjoy the journey!