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

Link to the Video:  [http://www.3dinstitute.com/3d-parenting-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 foundational we need to understand** - When we do, we can create beautiful life-giving experiences where all of us fill in blanks, instead of just by filling in blanks, 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 __________.
   - Play is always done for the pleasure of the activity – because it’s __________!
   - 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 __________ 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__ ____ __ name__

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 L__________ 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 1st Things 1st
  - When 1st things are 1st, 2nd things (winning) aren’t diminished, they are actually enhanced
  - But when 2nd things become 1st things, you will lose them both
  - In Sport, it is J and W (1st 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!