

3D Parenting Presentation Video

3D Coaching Points

Parents and guardians will have an impact on all 3Dimensions in the lives of their athletes. As a coaching community, we need to help clarify their roles in each dimension so coaches and parents are working together for the optimal benefit of the athlete.

Strategy Overview

As you seek to create a healthy team culture, it's essential to view parents as partners in this process. We have a 3D Parenting Presentation Video that can be used in the following ways to help "align the sails" of parents and coaches:

- Play the video at your parent meeting and watch it all together
 - Parents can follow along and take notes [on this handout](#)
- Email a link of the video to parents and have them watch it on their own
- Use it as a training resource for yourself, then share these ideas with parents

This video can be found in its entirety at: <https://3dinstitute.com/3d-parenting-video/>

Another practical way to introduce parents to the 3D Coaching framework is to download and use this [informational PowerPoint](#). At a parent meeting, this PowerPoint will enable you to:

- Play a short 4-Minute overview video introducing the 3D Framework
- Briefly explain each of the 3Dimensions
- Allow parents to subscribe to the 3D Parenting Newsletter through text on their smart phones

When parents subscribe to the 3D Parenting Newsletter, they will receive a series of emails that will allow them to view the 3D Parenting Presentation video linked above in smaller segments. Beyond that, they will receive ongoing information that will help them gain a better understanding about the critical issues of sport and how they can help their athletes thrive in all 3Dimensions.

Notes: _____

Applications – 3D Parenting Presentation Video

1 st Dimension		Level 1 Applications	
Physical Training		✓	
Skill Development		✓	
Tactics		✓	
2 nd Dimension		Level 2 Applications	
Motivation		✓	
Confidence		✓	
Emotions		✓	
Team Cohesion		✓	
Goal Setting		✓	
3 rd Dimension		Level 3 Applications	
Character		✓	
Identity & Self-Worth		✓	
Value & Significance		✓	

*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Action Steps:

Measurement of Success:

Date to be completed: