

## Bench Player of the Game

### 3D Coaching Points

This strategy was originally implemented as “Dugout Player of the Game,” but can be adapted to any team sport to help create the right sideline environment during competition. You could also call it “Sideline Player of the Game.”

Tell the athletes that you and/or the other coaches will be looking for the “Bench Player of the Game.” Let them know that this individual could be a starter or could be someone who gets very little playing time. The “Bench Player of the Game” has nothing to do with how much playing time an athlete receives, it’s about the attitude and effort he or she gives.

### Suggestions for implementation:

1. Have the athletes list the attributes that the coaches should be looking for so. Look for statements like:
  - pays attention to the game and helps teammates stay focused
  - is enthusiastic and positive towards teammates
  - is an encourager, not a discourager
  - always gives a great attitude and effort, even while not in the game
2. Assign a coach or volunteer parent the task of watching for the above listed attributes during the game
3. After the game, honor the “Bench Player of the Game” with some sort of small reward and process specifically what was observed that made his/her effort praiseworthy

Notes: \_\_\_\_\_

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## Applications – Bench Player of the Game

1 <sup>st</sup> Dimension		Level 1 Applications	
Physical Training			
Skill Development			
Tactics			
2 <sup>nd</sup> Dimension		Level 2 Applications	
Motivation		✓	
Confidence		✓	
Emotions		✓	
Team Cohesion		✓	
Goal Setting			
3 <sup>rd</sup> 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: