

Helmet Awards

Creating opportunities for athletes to watch their peers succeed builds confidence. While we definitely want to create these experiences for 1st dimension objectives, this type of strategy helps athletes gain confidence to excel at serving others as well. When people learn to serve others, it adds to the team chemistry because of the group-relational dynamic. Finally, this strategy helps athletes focus on developing the character attributes of “goodness” as opposed to always focusing on “greatness” as Mark shared in the “Great to Good” teaching. This also teaches athletes to see goodness (moral character) in their teammates.

Overview

A good way to set this strategy up with the team would be to either model the “Great to Good” exercise that Mark Hull demonstrated in the “Great to Good” teaching, or play the YouTube (TedTalk) video by Brett Ledbetter called “Building Your Inner Coach” to illustrate the difference between “performance character” (greatness) and “moral character” (goodness).

After athletes have a good understanding of the difference between performance character and moral character, once a week allow athletes to nominate their teammates for helmet awards/stickers for demonstrating moral character earlier during the week. The demonstration of moral character that the athlete is being nominated for could have taken place within the team setting or elsewhere.

"To" Strategies		"Through" Strategies
2nd Dimension		
Motivation		
Confidence		✓
Emotions		
Team Cohesion		✓
Goal Setting		
3rd Dimension		
Identity		
Character		✓
Significance		
Self-Worth		
Values		
Purpose		

*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

Notes: