

Helmet Awards

3D Coaching Points

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.

Strategy 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 <u>play this video</u> by Brett Ledbetter 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.

Notes:					



Applications – Helmet Awards

1st 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:						