

Ceremonies

3D Coaching Points

Defining moments shape our lives. Too often, these moments almost seem to happen by accident. The good news is that we don't have to wait for them to happen, we can create them.

For example, think about the exiting seniors in your program. All too often, despite our best efforts to honor them, last-year players suddenly experience a sense of abandonment or exile from a community that they have invested MUCH into. An architected event or ceremony can serve as a healthy way to bring closure to this season of an athlete's life. It can also serve as an equally healthy way to launch athletes into the next season of their lives with a strong reminder of the lessons they learned through their sports journey. But don't wait until their last year on the team to create these moments. You can create them throughout their playing careers in your program. If you do this effectively, the player's experience will be more memorable and transformative as they move forward.

Strategy Overview

Rather than outlining a particular strategy, we want to give you a resource and a challenge to be creative. The resource we recommend is "The Power of Moments" by Chip and Dan Heath. This book outlines how to create these "E.P.I.C." moments in the lives of those you lead. As you read this book, open your mind to all of the opportunities to mark time and impact lives. They're everywhere!

Notes: _____

Applications – Ceremonies

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: