

## An “Extra Practice”

### 3D Coaching Points

In the 2nd Dimension, this strategy can be tied to Motivation and Team Cohesion. As for Motivation, the extrinsic motivation was you telling them to do it. Take it a step further and ask how many of them felt good about it afterwards. That’s where the motivation can switch from extrinsic to intrinsic: to do it again without being asked. Tell them to think about other things they can do without being asked. This also ties into the idea of 3rd Dimension aspect of significance. Part of our significance in life and on a team needs to be found in a community, serving one another.

### Strategy Overview

Announce to the team that you are going to have “an extra practice” on a day they are anticipating to have off. Then tell them that the “extra practice” will be cleaning their room at home. Tell them you expect them to do it the same way you want them to always practice: with great attitude and effort. For some of them this will be a short practice. For others it will be the longest practice they’ll have all year! Tell them that you will later be randomly contacting some of their parents to find out if they “made it to practice and how well they did.” Let them know that skipping this extra practice will count as an unexcused miss and will incur the same consequences as any other miss.

Be sure to process this as a team the next time you meet. Find out how they felt after it was done. Find out what their parents’ reaction was. Point out that this is what it means to be a part of a community: to serve others. Remind them again that greatness is found in serving and that you want them to be great both in sports and outside of sports.

Parents will appreciate your efforts and you will only strengthen your partnership with them in the process.

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

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## Applications – An “Extra Practice”

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: