

Slip-N-Slides

This strategy creates joy, and as Dr. Duke taught in the teaching on Emotions, joy always elevates attitude and effort. When kids are having fun on the playground, they're motivated to play hard even though there are no extrinsic rewards like trophies or potential scholarships. By creating strategies that bring elements of the playground to the practice field, we can undermine unhealthy extrinsic motivation and by allowing the joy of the activity to be the primary reward. Also, an atmosphere of joy helps to cultivate an atmosphere of where relationships flourish. This group-relational strategy helps the whole group experience joy together.

Overview

When practice becomes too hot (environment) and mundane (complacent), coaches often revert to trying to regain great attitude and effort through various methods of using words (yelling, pleading, threat). Because joy is the emotion that promotes great attitude and effort, add an activity like this to your practice for a few minutes and watch what happens. Have the slip-n-slides near the practice fields and ready to go. As practice becomes complacent, STOP and gather the athletes. Have them take off their shoes/cleats and tell them to run and attack the slip-n-slides in whatever manner they choose. After just a few minutes, gather the athletes and begin/continue the practice schedule with wet gear. Watch what happens to the attitude and effort of practice with players and COACHES. Strategically build this time period into your practice schedule.

These types of strategies allow the athletes to re-engage "play" and creativity in ways that always seems stimulate the joy of being outside and playing "hard." Every child loves playing in water it seems, and they will do so with great attitude and effort. Observe the smiles on players and coaches faces. You'll see the attitude and effort at practice raise to a great level as this simple 5-10 minute activity reinvigorates the whole team.

"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: