

A Question to Ask Parents

Every kid is different, and you can't coach them all the same. This simple strategy will help you gain valuable insight into the lives of your players that will help you coach them more effectively. How helpful to you would it be if you were to ask the parent(s) this question:

"Tell me one thing about your child that would help me to coach them well?"

Tell the parents this should have nothing to do with the first dimension. Instead, have them tell you about their temperament, relationships with siblings, or special characteristics that need to be addressed/acknowledged/honored.

This strategy can help in the following ways:

1. It can shed light on the relationship that exists between parent and child
2. It creates a partnership between coach and parent. The parents now feel properly valued
3. It sends a powerful message to parents that their child is valued beyond performance
4. It helps you coach the individual athlete better.

Suggestions for implementation:

- Hand out notecards at parent meeting and collect responses
- Handwrite letters to parents and ask for a specific way for them to respond
- Email parents and ask for a specific way for them to respond
- Ask this question face-to-face in individual meetings with parents

"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: