

Cell Phone Limitations

3D Coaching Points


With the incredible advance and ever increasing availability of technology, we are struggling like never before to truly connect with other human beings while face-to-face. As we learned in the Team Cohesion module, the group has to connect on an individual-relational basis if we want to develop authentic team cohesion. Therefore, we need to have individual-relational strategies to help our players connect.

Strategy Overview

Although a complete ban on technology and various devices is likely unreasonable to enforce all the time, picking a few strategic times where you establish team rules to restrict their usage can be helpful. Throughout human history people have bonded over shared meals at a shared table. Don't allow kids to be on their phones and missing the opportunity to connect on a deeper level with their teammates during team meals. If that goes well, maybe expand the rule to include the lunchroom, bus rides, or other strategic opportunities where individual-relational unity can be established. This simple rule, because of its potential to enhance relationships, may be a rule worth implementing.

Notes: _____

Applications – Cell Phone Limitations

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: