

Second-Goal Parent Game Plan



Check off three tools that you are most excited about using this season with your child!
Share your plan with your significant other so they can support your efforts.

Be a Second-Goal parent

- Focus on life lessons
- Model Behaviors I want to see
 - > Active life style
 - > Hard work
 - > "Stick-to-it" Attitude
- Show unconditional love

Tools for Creating a Mastery Climate:

- Reinforce the ELM tree
- Use targeted cheering
- Model a mistake Ritual

Tools for Filling Your Child's Emotional Tank:

- Use "You're the kind of person who" statements
- Use kid-friendly criticism
- Engage in empowering conversations

Tools to Help Your Child Honor the Game:

- Seize teachable moments
- Apply the Game Day tools
- Be a Culture Keeper
- Commit to Honoring the Game with your child

Tools to Help Develop the Parent-Coach Relationship:

- Honor the coaches commitment
- Ask coach if I can help
- Let coach coach. No instructions
- Fill coaches emotional tank
- Avoid putting my child in the middle
- Cool off before talking to coach
- Fill teammates emotional tanks
- Encourage other parents to Honor the Game