

# Post-Workshop Discussion Questions

## To use with Coaches and Parents

### Double-Goal Coach®: Coaching for Winning and Life Lessons

- 1 What is the appropriate balance between (1) striving to win, and (2) fun, for your athletes' age level?
- 2 Which of these three principles will you emphasize most with your team this year?
  - a. ELM Tree of Mastery
  - b. Filling the Emotional Tank
  - c. Honoring the Game
- 3 Which coaches from your life would you most want to emulate and why?
- 4 What self-control routine will you use this year when an official makes a controversial call?
- 5 How do you see the PCA message fitting in with our league's mission and culture?

### Culture, Practices and Games

- 1 What signature statement will you use for your team this year?
- 2 What are some of the trigger words you will use to teach skill and attitude?
- 3 Which part of PCA's practice plan template do you want to give special emphasis this year?<sup>4</sup>

Do you think you can handle getting blown out in a game? How about being behind against an inferior team?

### Developing The Triple-Impact Competitor

- 1 Which part of the Triple-Impact Competitor Model does your team need to improve in most?
  - a. Making yourself better
  - b. Making your teammates better
  - c. Making the game better
- 2 Would you rather have your team play well and lose, or play poorly and win? Why?
- 3 What will you do to make sure your team does not fear mistakes or failure?
- 4 What behaviors do you most want to reinforce in your players this season?
- 5 Are you willing to use reduced playing time as a consequence for poor behavior/attitude, even if it means benching one of your top players?

*continues*

## Post-Workshop Discussion Questions, continued

### Second-Goal Parent®

- 1 What do you feel is the main thing you personally can do to contribute constructively to your child's team's experience this season?
- 2 In what life lesson area do you hope your child will grow most this season? How can you help reinforce this life lesson?
- 3 What is your plan for expressing appreciation to your child's coach this season?
- 4 What is the thing that has the most potential to "set you off" regarding your child's sports participation? How can you manage your response to this trigger so that you don't do anything counterproductive?