

# Game Plan



Check off three tools that you are most excited about using this season with your team!

## **Tools for Creating a Mastery Climate:**

- Plant and Water the ELM Tree
- Avoid the Talent Trap – Build a Growth Mindset
- Flush and Park Mistakes with a Mistake Ritual
- Make Effort Goals a Part of Your Team Culture
- Improve Performance with Stretch Goals
- Maximize Effort by Rewarding Unsuccessful Effort
- Get Things Done with Targeted Symbolic Rewards

## **Tools for Filling the Emotional Tank:**

- Model and Teach the E-Tank
- Buddy System
- Positive Charting
- Coaching Your Own Child

## **Tools to Help Athletes Honor the Game:**

- Model and Teach Honoring the Game
- Seize Teachable Moments as They Arise
- Use Narrated Modeling To Make Your Point
- Drill Honoring the Game During Practice
- Develop a Self-Control Routine

## **Tools to Help Parents Honor the Game:**

- Set the Table with a Parent Letter and Parent Meeting
- Appoint a Culture Keeper
- Keep a Cool Head
- Nip Problems in the Bud