



“Changing the Game” Workshop 3: Give Your Kids Control

Ways to Give Your Child Control

- Let them _____
- Set 2 Types of Goals: _____ and _____

Let Them Go

- _____ Your child to the game
- Let their _____ belong to them

SMART Goals

- S _____
- M _____
- A _____
- R _____
- T _____

Forward Moving Goals

- Energizing
- May not be _____ or _____

Questions for Your Child:

- Three Ways I am an asset to my team are...
- Three things I can improve on as an individual are...
- Three individual goals for this season are...
- Three team goals for this season are...

Questions for Parents to Answer:

- List three things my child does well...
- What is my child's role on his/her team?
- List three things I would like to see my child improve upon
- List three individual goals for my child
- List three team goals for his/her team

For more information go to:

www.changingthegameproject.com.com

or email John O'Sullivan at info@changingthegameproject.com



Push Your Child toward His/Her Goals

- Optimal Push: _____
- Positive Push: _____

The Ride Home

- Let this time belong to _____
- Let _____ bring up the game
- Exception: _____

Red Flags That You are not Giving Your Child Control

- Living your _____ through your child
- _____ credit for success
- _____ all your child's problems
- _____ from the _____
- _____ before games
- Does your child _____ after games?

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