

Elite Sideline Parent Coaching

Series 2

www.conditionedminds.com

BY: RODNEY ZIMMERMAN

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Series 2: Create Your Two L's - Love & Legacy

COURSE DESCRIPTION

Sometimes knowing where you are going is better than knowing your destination. Wednesday is a pivotal day in the week as it is the day when you get to decide your strength which will become you. Things are not going to be easy, and sometimes the process will seem tedious. This course will help define what it takes to become the warrior inside of yourself.

#ConditionedMinds

You are at the “CENTER OF MY HEART”

Conditioned Minds Foundation wants to take a moment to thank all of the families and organizations who send their youth to our programs and camps. If you feel we have made a positive impact on your child, the Center of My Heart page is for you. We created the Center of our Heart page as a way to give back for your support. .

www.conditionedminds.com/center-of-my-heart

We hope that you enjoy our 5 Day Basketball - Series 2

GAME 1

Love Is Connecting to Your Child's Daily Feelings

Physical Connection

Give hugs everyday continuously, especially during bedtime. Physical connection is great during the time where you are hearing your child's concern. This physical connection will cause your child to embrace communicating their concerns.

Laughter & Rough-Housing

Keeps you connected with your child by stimulating endorphins and oxytocin in both of you.

Turn Off Technology, Listen, and Empathize

Remind your child that they are important enough for you to turn off youth phone and listen to them. Listen to your child and see things from their perspective.

Connect Before They Transition

Look your child in the eyes before they transition from one thing to another. Slow down and savor the moment with them. This could be before they go to school; when they get home from school; when you get home from work; before dinner; after dinner; or before bed.

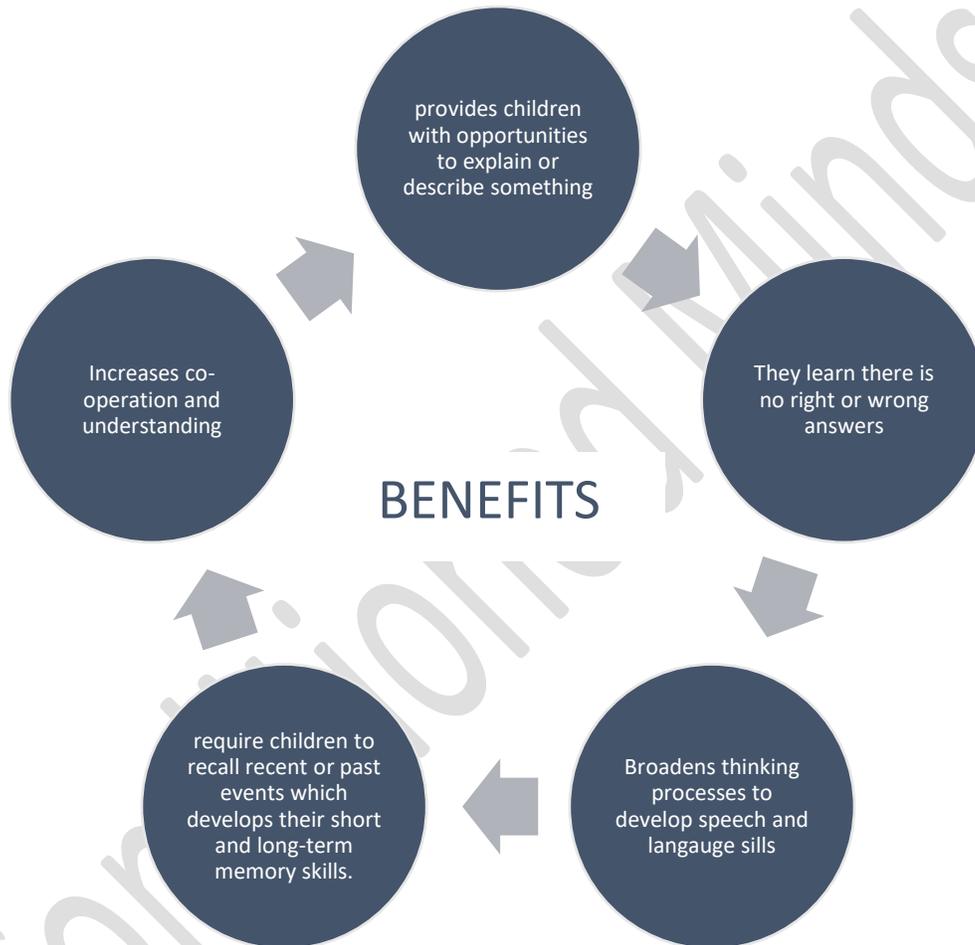
One on One Time

Schedule time to spend one on one every day, doing what your child wants to do during that time. Consistency is important to your child, so make sure that you show up and follow through. This means no distractions during your one on one time. Be there 100%.

GAME 2

Legacy Is Connecting to Your Child's Lifetime Feelings

Lesson 2 Ask Open Ended Questions



Helps you identify opinionated problem statement

Helps you identify root causes

Cost of preventing mistakes < the cost of correcting them.

GAME 3

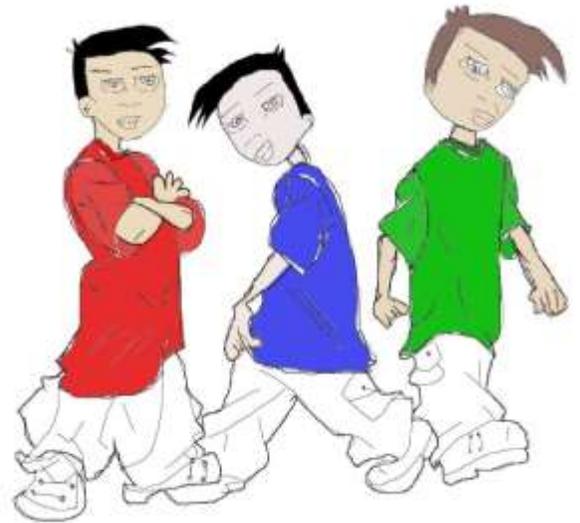
Find Love in Compiling Your Childs Data

ANSWER THE FOLLOWING QUESTIONS:

What activities does your child enjoy most?

Develop a schedule which works best for you?

How can you compromise giving them what they want?



GAME 4

Legacy Is Developing Your Child's Potential

Emotion Drives Learning

Emotionally – Do not disapprove of their feeling of fear or anger. It will cause them to repress their feelings.

Academically – Do not approve of their feeling of fear or anger. It will cause them to feel as though quitting is an option.

Experiences Develop the Brain

Emotionally – Empathize with them. A hug goes further than lecturing.

Academically – Emphasize the importance of caring. “Remain a name and never become a number.” Once they begin to care, attach the empathy component.

Listen to your child's feelings

Emotionally – Your child needs you to listen to their feelings. Once they feel and express them, they will let their feelings go.

Academically – Your child needs to hear your feelings. Once they hear them (in a motivational way, “you are so better at school than I was”), they will become more self-motivated.

Teach them problem solving

Emotionally – Teach your child to breathe through their problems, feel their problems, tolerate their problems without needing to act on them, and, once they aren't in the grip of strong emotion, to problem-solve and act if necessary.

Academically – Teach your child to breathe through their problems, feel their problems, act immediately on their problems, and problem-solve immediately. (examples – stay after class and ask your teacher for assistance, ask parent for help, get on Khan Academy for help. BE PRO ACTIVE)

GAME 5

Love Is Developing Your Childs Intelligence

Reading

- Extend their vocabulary (ex. Give them a definition of a word that will be found in the reading you give them. Reward them for connecting the two).
- Relate the importance of reading to whatever your child is interested in.
- Begin having them read about something “a topic” they are passionate about. This will drive the comprehension a lot stronger.
- Today, comprehension is not taught as much as reading is forced, so find a balance.

Time Management

- Set aside time for homework.
- Go over your child’s homework with them
- Studying ensures it is done correctly
- Ignore the studies. The real purpose is to create “VALUE” within your child’s psychological growth. Children want to know that you are invested in their future.

Electronics

- Less TV, less social media, less gaming
- More social interaction (ie. games, talking, reading together, etc)

Extend the School Year

- Camps which are educationally enriching. This can include academics but can also include camps that teach discipline, leadership skills, and well balanced individuals.

GAME 6

Legacy Is Professional Parenting

Hold Your Child Accountable

- Accountability protects your child from greater chances of ending up in the wrong situation.
- Have higher expectations, BUT be willing to lead by example.

Teach Discipline

- Teach your child to be early to everything.
- L.H.P.A. (Listen, Hear, Process, Analyze) before speaking

Volunteer with Your Child's Team

- Get involved in whatever your child has the greatest interest. (volunteer level only)
- Coaches tend to respond better when they see the “positive” investment made by the parent.

Let Your Child Fail

- Don't be afraid to allow your child to fail.
- When they fail, “re-enforcement” is key, not over illustrating disappointment.

Understand Their Goal Requirements

- Sit with your child and develop an action plan at the beginning of the season and post it for both of you to see. Review whether goal requirements are being met during mid-season and at end of season.