

PLATT·FORM

Performance AND Athletics

The 4 D's of Development *(for Life Skills Coaching)*

1) **Define It** / Introduction for the Day: (5 minutes)

- Topic of the day
- How do YOU define *said topic*? Here's how we define it... What it is and what it is not. (*We lean on topic material in our compass book for direction, but do not solely focus on it.*)

2) **Discuss It**: (20 minutes)

- Open Discussion
- How does this relate to being a student-athlete? How is it relevant? (*We always paint the big picture for them.*)
- We may watch or discuss movie or documentary clips here
- If need be, we use G.R.O.W. coaching questions as discussion starters

3) **Do It**: (20 minutes)

- Experiential learning (i.e. *Engaging Activities, Relevant Storytelling, Role Playing, and Games*)

4) **Do It 2.0** (*At home...*) / Closing for the Day: (5 minutes)

- Set / Revisit goals progress
- Cover action steps from compass book
- Assign any "Lifework"

* Focus Forums are roughly **50 minutes** in length and are purposely designed to be less than one hour. *Take Note: They are NO LONGER 90 minutes in length as our older brochures currently state.*

* Just like our written material, our focus forums are designed to be **compact, but impactful.**