

Lesson Plans/Theme of the Week

3D Coaching Points

To fulfill our purpose in coaching, we need to address the whole of our athletes' beings. This should include a strategy to help athletes to grow in all of the 2nd and 3rd dimension attributes. A great way to make sure that we intentionally cover all aspects of an athlete's being is to find the right resources and dedicate time and attention each week to teaching them.

Strategy Overview

There are countless resources that have been developed to help coaches teach 2nd and 3rd dimension issues. Hopefully, this course has helped you to value these types of resources at a new level. Here are a few resources that can help you get started:

- [Coaching Character Through Accounts of Excellence: Vol 1](#)
- [Habitudes: Leadership Curriculum & Lesson Plans](#)
- [Life Lessons for Athletes](#)
- [Teaching Character Through Sports](#)

Notes: _____

Applications – Lesson Plans/Theme of the Week

1 st Dimension		Level 1 Applications	
Physical Training			
Skill Development			
Tactics			
2 nd Dimension		Level 2 Applications	
Motivation		✓	
Confidence		✓	
Emotions		✓	
Team Cohesion		✓	
Goal Setting		✓	
3 rd Dimension		Level 3 Applications	
Character		✓	
Identity & Self-Worth		✓	
Value & Significance		✓	

*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Action Steps:

Measurement of Success:

Date to be completed: