

Matthew Study

3 Dimensional Coaching

Wisdom, "The ability to see the end result of present action." While taking this course. The quote that Coach Simmons spoke about resonated with me. After several years of coaching high school football I have decided to step down. I have made a decision to take on a large role in developing a behavioral education program at the middle school level. I will still coach, this time help build a program at the rec level. There are many reasons for this change but, this course and the equation of change assisted me on making this decision to follow my heart. I have some background understanding of 3D as I had attended huddles and many conversations with my character coaches in developing lessons for our team over the years. As my own son has begun to participate in sport, I felt the need to be a part of this process to help other coaches and parents in the recreation level. I have witnessed so much entitlement, potential parental issues that without 3D... could have be so cancerous to the program at the high school level. I want to start at the recreation level, in an attempt to transform the culture of the recreation program in our area so that things are different when they arrive to the high school. However, as I thought it would, this course could help me or anyone who is not even a coach become more intentional in our mission to develop mindsets, find joy in everything we do. I have learned so much and it has sparked many possible ideas in which I intend to use with my new team of teachers to meet the needs of our students

I believe the overall course was incredible, the delivery was great, it was easy to learn. The language used and all of the examples in the all of the modules spoke at a level that anyone could relate to and easily understand. The information was easy to apply as well. I could certainly see a lot of time and effort was put into developing this course. I enjoyed the flow of the lessons, the quizzes and application assignments we appropriate as well. I believe it is very evident to see that many coaches and teachers only focus on dimension one. They become the ones that often cannot seem to understand why the players do not perform, why they are disrespectful and have more parental issues. If we can build relationships show students and that we care, allow them enjoy what they are doing and a free to take risks the team and classroom and even the school would run so much better.

A few things I feel could be improved for 3D to move on:

- 1) As I spoke earlier about, I truly believe the information that is provided could apply to teachers, principals, even business owners. The title – “3 Dimensional Coaching” is misleading for those niches. I believe that if someone is not a “coach” they would not decide to take this course. However, I do believe they are in fact “coaches”.. they just don’t see them as that because as stated in an earlier module.. Coach is associated to sport, not means to take someone or a group to a place, protected.
- 2) I love the instructors; I think they have done an incredible job. However, for 3D to move forward there must some diversity within the delivery.
- 3) Some modules after the quiz, had videos.. the information was repeated a few times... the same video of sections of the video were used. It was a bit redundant
- 4) Lastly, I know in my area where I live. 3D coaching is often associated with religion. For some, this is a turn off and or they become concerned to bring the program into a public school setting.

I interviewed my successor whom I purposely went after to take over for me. I knew from watching him coach, the conversations that I had with him over the years that he would be the one who could continue and would bring more to the program. After interviewing him, it has affirmed my previous thoughts. Coach Bassler is a young coach, having played Division 1 football and his coaching experience is at the collegiate level. His only understanding of 3 Dimensional coaching is from experiences through me. However, after thoroughly going over the dimensions and our discussion throughout the interview, it is evident that he has a solid understanding and is intentional in applying all 3 dimensions while coaching.

When we spoke about the first dimension he said he felt that obviously they were of importance however, they are things that can be coached, taught. There are so many incredible resources available that he does not concern himself with that being the most important.

He believes that consistent and the same communication, tone from each coach is extremely important. To accomplish this he will meet on regular basis, hold a “Coaches camp”, attend professional development outings as a staff to build staff cohesion. This is evidence of the 2nd dimension.

Coach Bassler is a man of character and firmly understands that as the head of the program he must provide that framework, be that example. His number one qualification for hiring an assistant is that they must be of high character. He evaluates his coaches, holds player evaluations and in those meeting he also receives feedback about himself to allow for growth. Coach Bassler did mention that he did feel it was important that all coaches receive some other type of training and that would assist on developing the coach, helping to build the relationships with parents. He felt possibly that 3D coaching training would be best suited to accomplish this. These are all examples of the 3rd dimension.

This course has allowed me to sleep better with the decision that I have made. Coach Bassler will continue to grow into a 3 Dimensional coach, the program I developed will continue to grow under his guidance. I will now be able to work in a new area and assist others with the lessons that I have learned. I will use my transformational statement to drive what I do. To encourage youth with integrity, grace and love through connections that lead them to reach their fullest potential.

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