

I had the opportunity to visit with Rob Chapman and Nate Tiry-Ortiz about their involvement with West Des Moines Soccer. The organization was established in 1986 and currently serves over 2,000 youth. They have spent a concentrated effort on their mission, vision and their way and each of the 3Dimensions are incorporated throughout these.

Us Club soccer is an affiliate of WDM soccer and the training required for coaches definitely sets them apart from soccer clubs not affiliated with Us Club soccer. The first dimension is covered with their entry level licensure. This level requires in person training on the field with other coaches. The field sessions require all eight of the categories that are needed for the physical side of the game. Pursuing excellence as an entry level coach for WDM soccer also requires a year of coaching before being able to progress through the different levels of coaching. I believe strength, power, cardiovascular, speed, quickness, technique, repetition and tactics are well covered in their Grassroots Coaching program.

The second dimension is an area that is covered as well by the majority of the coaches on staff for the u15-u19 age groups. Training sessions are designed to motivate the athletes within the program. The use of google forms help with team cohesion and understanding players emotions throughout the season. My suggestions in this dimension would be to have more targeted focus on goal setting. It is essential for athletes to grow and gain confidence by setting realistic goals. I would also suggest looking at how they meet the social emotional needs of their younger athletes. We talked a lot about the older athletes in the program, but that only makes up about 35% of their program. What would the impact of developing team cohesion early on, setting goals and understanding the emotions of the u5-u9 players do for the program as a whole?

Dr Duke's research is spot on by showing that only 5-10% of coaches have a clearly defined plan for the third dimension. Most organizations have a mission statement and/or a vision statement that may include some of the attributes like character, values, significance, identity, etc. in the actual statement. Simply putting these words into your vision or mission doesn't give coaches a clear purpose of how to live out these attributes. WDM Soccer could be more deliberate about having coaches define these attributes first in their own lives. Doing this will allow for greater impact on the youth they work with.

My 3D Journey has allowed me to reflect on the coaching I have done over the last 20 plus years. Meeting with other coaches and diving into all three of the dimensions has been impactful. Understanding the impact that coaching in all 3Dimensions can have on my athletes to be the best athlete and person has changed my approach to coaching. I can't wait to get after it!