



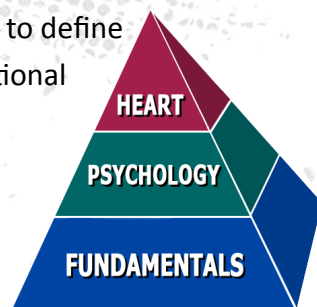
# 3D DIMENSIONAL COACHING

*Coaching the Heart Behind the Jersey*

## 3Dimensional Coaching

A 3Dimensional Coach realizes the power of the coaching platform to inspire, motivate, and produce positive change in his or her sphere of influence. We desire for coaches to create a 3Dimensional Coaching strategy so that they can maximize their influence and fulfill their transformational purpose as a coach.

Our 3Dimensional Coaching resources are designed to help coaches develop a holistic coaching strategy and to define their own transformational purpose for coaching.



## 3Dimensional Coaches are:

- fundamentally sound
- skilled at coaching the mind
- focused on developing the heart
- clear on their transformational purpose as a coach

# 3D DIMENSIONAL COACHING

*Coaching the Heart Behind the Jersey*

Research shows that coaches who coach in three dimensions are more likely to produce athletes who:

- *learn skills quicker (more attentive)*
- *achieve higher fitness compliance (they tend to work harder)*
- *experience shorter rehabilitation (they recover from injury faster)*
- *are more adaptable to new conditions (they play well "on the road")*
- *possess the freedom to be creative (they are "gamers" during competition)*
- *develop deeper relationships with other players and with coaches (they learn life's lessons)*



[www.3dimensionalcoaching.com](http://www.3dimensionalcoaching.com)

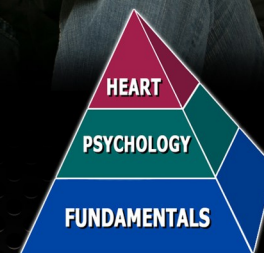
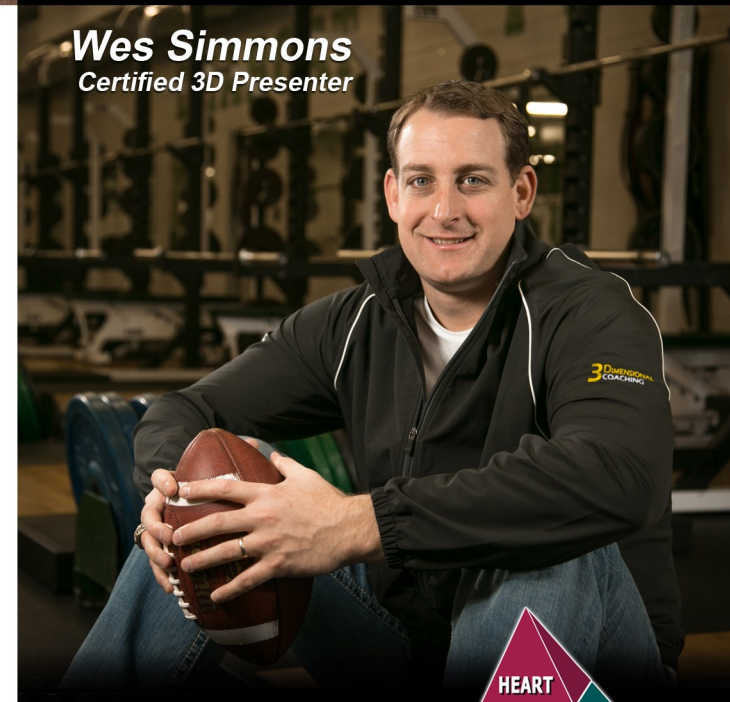


"like" 3DimensionalCoaching on Facebook



"follow" @3DCoaches on Twitter

**Wes Simmons**  
Certified 3D Presenter



# WHAT LEGACY WILL YOU LEAVE AS A COACH?





## The 1st Dimension

- Strength
- Power
- Cardiovascular
- Speed
- Quickness
- Technique
- Repetition
- Tactics

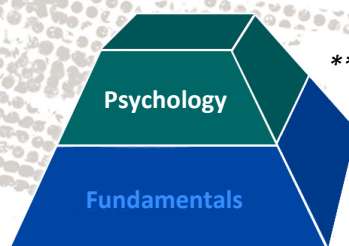
**\*\*Research shows 85% of today's coaches *only* have a strategy to coach in the 1st Dimension.**



## The 2nd Dimension

- Motivation
- Confidence
- Emotions
- Team Cohesion
- Intensity
- Focus
- Goal Setting
- Imagery

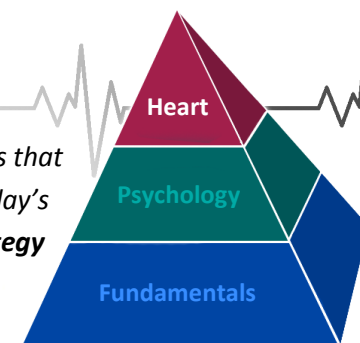
**\*\*Research shows 15% of today's coaches have a level 2 *strategy* for coaching the mind of the athlete.**



## The 3rd Dimension

- Identity
- Character
- Significance
- Values
- Self-Worth
- Purpose

**\*\*Research shows that only about 5% of today's coaches have a *strategy* for all 3 levels.**



Do you have unmotivated athletes who will seemingly quit on you in a heartbeat?



Do you have a strategy to help athletes gain/regain confidence when confidence is lost?



How do you harness the power of passion and emotions in sport to enhance and not hinder athletic ability?



What is your strategy to make a team “we” in a culture that constantly sends the message that it’s all about “me?”

***70% of athletes will fail to reach their full potential on/off the field because of 2nd and 3rd dimension issues!***

## Transformational Purpose

It's been said that one coach will impact more young people in one year than the average person does in a lifetime. The “coach” has been validated as the single greatest authoritative figure in the life of kids today. Coaches leave a legacy. What will that legacy be?

Our 3D resources have been created to help coaches develop a 3Dimensional Coaching strategy to fulfill their transformational purpose in the lives of athletes.

## Schedule a 3D workshop today!

Wes Simmons—Certified Presenter & Adjunct  
3D Instructor at NW Missouri State University  
**Phone:** 816.805.2041  
**Email:** [wsimmons@3dimensionalcoaching.com](mailto:wsimmons@3dimensionalcoaching.com)

## Who's Coaching the Coaches?

Certified presenters are available to come to your school/clinic to train on the 3Dimensional Coaching philosophy created by **Dr. Jeff Duke, Ed.D.** (Florida State University).

Dr. Duke's research created a baseline for data to analyze proficient elite level coaching methods.

These training presentations are customizable and they are commonly held in the following venues:

- Public/private schools (professional development and in-service)
- Coaching conventions/clinics
- Athletic Director conventions
- Youth Sports organizational trainings

