

Food Kitchen

3D Coaching Points

The most powerful group-relational strategies tend to be those which create opportunities for teams to serve others away from the sport. This 2nd dimension strategy will help the team bond closer together, but it will also help foster 3rd dimension growth by strengthening character and giving all who serve a sense of value, significance and purpose beyond the playing field.

Strategy Overview

I found a wonderful way to grow team cohesion on our college baseball team of 28 players. I wanted to create an opportunity for them to serve others, so I reached out to our local Salvation Army who was needing help sorting out all of the food that was donated for the Christmas giveaway season.

Many of the players were not too excited as they loaded the bus on that Saturday morning at 7:30 AM. As we arrived at the facility, we found a mountain of food thrown together in a heap on the floor of a dingy basement. I split the team into two groups: pitchers and position players. The pitchers were sorting the food from the pile and distributing it to the position players who encircled them with tables. One guy had the green beans, one guy had the corn etc. The food cans started flying and a couple of hours later it was all sorted into nice piles and placed into bags.

The players had to work together to figure out an efficient strategy, and they came up with a great one. Every guy felt great walking back to the bus. The team bonded in a way we hadn't ever before we took the time to serve others. It feels amazing when you know you helped others. One of the kids that didn't want to be there at the beginning said to me afterwards, 'Coach, what else can we do?'

What started out as a desire to use a group of young men to help others ended up being a powerful strategy to bring us closer as a team. From that point forward, we had a brotherhood.

Submitted by: Scott Ashton

Notes: _____

Applications – Food Kitchen

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: