



## Applications – Sports Clinics

1 <sup>st</sup> Dimension		Level 1 Applications	
Physical Training		✓	
Skill Development		✓	
Tactics		✓	
2 <sup>nd</sup> Dimension		Level 2 Applications	
Motivation		✓	
Confidence		✓	
Emotions			
Team Cohesion			
Goal Setting			
3 <sup>rd</sup> 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: