

Lesson Plans/Theme of the Week

To fulfill our Transformational Purpose in coaching, we need to address the whole of our athletes' beings. This should include a strategy to help athletes to grow in all of the 2nd and 3rd dimension attributes. A great way to make sure that we intentionally cover all aspects of an athlete's being is to find the right resources and dedicate time and attention each week to teaching them.

Overview

There are countless resources that have been developed to help coaches teach 2nd and 3rd dimension issues. Hopefully, this course has helped you to value these types of resources at a new level. If you decide to implement this strategy, look for recommended resources on 3dinstitute.com.

	"To" Strategies	"Through" Strategies
2nd Dimension		
Motivation	✓	✓
Confidence	✓	✓
Emotions	✓	✓
Team Cohesion	✓	✓
Goal Setting	✓	✓
3rd Dimension		
Identity	✓	✓
Character	✓	✓
Significance	✓	✓
Self-Worth	✓	✓
Values	✓	✓
Purpose	✓	✓

*All of the boxes are checked because this strategy can be used to address any one of these issues based on the resources a coach chooses to utilize.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Notes: