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3D Coaching
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3D Coaching Reflection

The 3D journey has been a truly enjoyable experience. Throughout the process I have reflected on all three dimensions of coaching and the importance of considering the mind and heart as essential elements of coaching. The course has helped me grow as a person and coach by being forced to think about why I coach the way I do. Also, I've had to take a deeper look at how my actions as a coach influence individual athletes and the teams I coach. My reflection has led to several strategies I've already begun to implement as well as a discussion with our activities director regarding the state of our athletic department and future needs.

First, in my conversation with our AD, the common theme that continued to come up was relationships and the importance of building an environment in which people feel comfortable and foster a positive experience for student-athletes. We both felt that our coaching staff are strong in the area of relationship building. Next, we feel we have a great group of coaches who are ready and willing to learn and grow. Our conversation led to the reasons why our athletic department has adopted the 3D coaching framework for all head coaches this year and all assistant coaches next year.

Second, in my conversations with our AD, we came up with areas we need to improve. At times, we as coaches, get stuck in the 1st dimension and think too much about scheme and strategy. In reality, the hearts and minds of athletes are much more powerful when it comes to performance on the field or court. I told him how I need to take more time during practice in affirming hard work and blocking off time for fun activities. We also feel we need to spend more time discussing strategies in groups to help foster a culture in which we can all grow from each other. As coaches, we can get locked in to our specific sports and forget to reach out to other leaders in our school who we would likely learn something from. Lastly, We both feel the 3D coaching course is going to elevate all our athletic programs.

Lastly, I feel the 3D framework is a highly beneficial process for any leader of an athletic organization. I received several strategies I have or plan to implement. Also, I received reassurance that some of the strategies I'm already doing meet the framework. One suggestion I have is to ask questions during each video. I feel I would've learned slightly better if the questions were during the video. For example, the video would automatically stop for a question or writing prompt. Then, the video would resume after the question is answered. Overall, I feel fortunate to have completed the course at this point in my coaching career.