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3Dimensional Coaching

I was able to sit down with our high school athletic director who has also been a friend for the last 35 years. I believed it to be a positive discussion outside the normal everyday "sports talk" that we usually have when talking. He is very supportive of 3D training and has been encouraging all coaches in our district to participate in this training and has found ways to make that happen in our district. We had good discussions about level 2 and 3 dimensions and how it may look at the lower levels as well as in our varsity programs.

The first idea we talked about was his interest in getting all coaches to more clinics related to the fundamentals of their sport. Clinics promote the fundamentals, therefore he felt that coaches could learn to apply those concepts to all levels. He believes it is important that lower level coaches attend varsity practices to ensure that the same concepts are taught throughout all levels. The consistency of teaching these concepts will help players become better with the fundamentals and increase their success in the long run. I believe that our weightroom and weight training is the foundation of the "first level" in our athletic program. All coaches encourage and participate in strength training for athletes in our district. This has created an environment that promotes strength, team cohesion, and repetition which are all level 1 terms.

The next idea we talked about was his interest in having his coaches attend clinics on the psychological side of sports. He believes that the 2nd dimension is critical for young athletes as you are trying to build their confidence and self worth. He also believes that West Des Moines should offer more professional development opportunities for coaches on the psychological side of athletics and I agree with him. The 2nd dimension (relations/psychology) is what I believe to be the one on one coaching. Talking with athletes about past successes, listening to how they feel when performing, and watching and teaching teammates when given that responsibility are all concepts that take place during these one on one conversations. These talks can take place if there is intentional time planned out during a practice.

Lastly, we talked about the 3rd dimension. We discussed how to get love into sports. Our players are coming from diverse backgrounds and living arrangements and it's important for the coaches to get the families to be a part of the program and not just the sport. We talked about home visits, service opportunities, and also the word love and how it can be used with the athletes. I need to challenge myself and step outside of my comfort zone when it comes to this 3rd dimension. I can do a better job of expressing that I care while still challenging them to grow as athletes. I can share power with the team and give them my unconditional support. I need to keep getting better for others and all athletes.

Being able to interview a friend was a great experience for me. He has done a nice job as the activities director and brought a wealth of knowledge to the coaches in our district. He has big plans for our district and is always looking for ways to help the coaches and players.. He wants kids to build quality relationships with their coaches and peers and accomplish their goals. I have a great deal of respect for his beliefs.