

Captains/Leaders Trainings

3D Coaching Points

Thoughtfully choosing and training captains/leaders presents one of the greatest opportunities we have to shape team culture. Because the role of "captain" is a job assignment, there should be a job description for the position, an application and interview process. After the process of choosing captains there should be ongoing leadership training as well. Captains and leaders need clearly defined responsibilities and the authority to fulfill those responsibilities. Perhaps the most important lesson that leaders need to understand is that their primary responsibility is to serve the team and model great attitude and effort.

Overview

Create a process that identifies the right ones (not the best ones) and then teach them the skills and attributes needed to lead/serve well.

The more thorough the training, the greater the return on investment of time and resources. When possible, weekly meetings with the captains/leaders to go through leadership lessons is an ideal situation.

Recommended Resources

- [Captains - 7 Ways to Lead Your Team](#)
- [Habitudes Series](#) (Values-based or faith-based)
- [The Team Captain's Leadership Manual](#)

Notes: _____

Applications – Captains/Leaders Trainings

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: