

Kevin Pearce

Stilwell Jr High

3D Coaching at Stilwell Jr. High and Valley High School

First Dimension

My school district and the school I coach at is most strong in this dimension. We have great off-season lifting programs, our in-season strength and conditioning is working well and our X's and O's are great too. We are consistently one of the top teams in the state at each sport we compete in. I feel most coaches/schools/districts would be the strongest in the first dimension.

Second Dimension

The second dimension focuses on psychology. Player motivation, team cohesion, instilling confidence, and individual and team goal setting are keys to this dimension. I coach at the middle school and high school so I notice the biggest differences between the two levels are in the second and third dimension. Coaching at the middle school, we focus and spend so much time in the first dimension. Hitting fundamentals hard and focusing on strategy so they know how to do things that are expected of them at the high school. There is little team cohesion or goal setting, which needs to change. Those are two things I will be implementing next year. To accomplish this, we will set goals at the beginning of the season as a team and individually and then do periodic check ins throughout the season. We will also occasionally have team dinners after practice where we can eat together and relax in a non-competitive environment.

At the high school, we do a better job in this dimension. We regularly attend summer camps that help build team cohesion, we have regular team dinners in-season help with this too. I will be adding more goal setting on the individual and team level next year. This is an area that I have not done but need to. Sitting down as a team to create goals will help give our team a vision and direction. All players will create individual goals as well that they will share with me so that we can work together to make those goals happen.

Third Dimension

The third dimension is based around the players heart focusing on body, mind, and spirit. Do players have: a sense of identity, good character, strong values, positive self-worth, and purpose in what they do. Like the second dimension, we really struggle with this at the middle school level. It is difficult to find time to incorporate this dimension but not impossible. To help build good character and positive self-worth, I plan to schedule a day to spend some time volunteering and the local food bank.

The third dimension is our weakest dimension at the high school. We go to the food bank to package meals but could certainly do more. I think we will partner with our special education teachers so set aside some time for our players to coach their students and then organize a game for them to play during one of our halftimes with our players coaching them.