

3D Case Study Assignment

Suggested Interview Format



Approximate length of overall interview: 30-60 minutes

Introductions & 3D Overview: 5-10 minutes

Using the graphic on Page 3 as an illustration, share this brief overview of the 3D Coaching framework with the person you are interviewing. Make sure to hit the following main points:

1st Dimension = Fundamentals

- Emphasize and validate the importance of proficiency the 1st Dimension:
 - Strength
 - Power
 - Cardiovascular
 - Speed
 - Quickness
 - Technique
 - Repetition
 - Tactics
- Communicate that about 75-85% of coaches surveyed are 1st Dimension ONLY

2nd Dimension = Psychology

- Emphasize that these are the issues that tend to drive coaches out of the profession because of a lack of training and resources:
 - Motivation
 - Confidence
 - Emotions
 - Team Cohesion
 - Goal Setting
- Communicate that only about 15-20% of coaches surveyed have strategies for 1st AND 2nd Dimension

3rd Dimension = Heart

- Though the sporting experience makes a profound impact on the heart or 3rd Dimension, very few resources exist to help coaches deal with these

issues. The level 3 issues of the heart are as follows:

- Identity
 - Character
 - Significance
 - Self-Worth
 - Value
 - Purpose
- Communicate that only about 5-10% of coaches surveyed have developed strategies in all 3Dimensions

The 3D Framework

- This simple framework empowers coaches at any level to fulfill their transformational purpose by helping them become:
 - Fundamentally sound (1st Dimension)
 - Skilled at coaching the mind (2nd Dimension)
 - Focused on developing the heart (3rd Dimension)

Research

- Research indicates that 3Dimensional Coaches regularly produce athletes who:
 - Learn skills quicker
 - Work harder
 - Recover from injury faster
 - Are more adaptable to new conditions
 - Play at a higher level
 - Learn life lessons through sport

Interview Questions: 20 – 40 minutes

Ask the interview questions on pages 4 – 5 and record the responses in the area provided after each question.

Wrap Up: 5-10 minutes

Finish up the dialogue, ask any follow up questions you may have, or allow the interviewee to ask any questions to you with regards to your knowledge about 3D Coaching.

3D DIMENSIONAL COACHING™

THE 1ST DIMENSION

- STRENGTH
- POWER
- CARDIOVASCULAR
- SPEED
- QUICKNESS
- TECHNIQUE
- REPETITION
- TACTICS

THE 2ND DIMENSION

- MOTIVATION
- CONFIDENCE
- EMOTIONS
- TEAM COHESION
- GOAL SETTING

THE 3RD DIMENSION

- IDENTITY
- CHARACTER
- SIGNIFICANCE
- SELF-WORTH
- VALUES
- PURPOSE



Interview Questions:

- 1.) Does your athletic department have a vision/mission statement? If so, what is it?

- 2.) As an overseer of the coaches in your organization, what do you believe is your primary role?

- 3.) What do you look for in a coach before you hire him/her or allow him/her to volunteer in your organization?

- 4.) Are there any local, state or national training/certification requirements that coaches must complete before coaching in your organization? If so, what are they?

- 5.) Are there any training requirements for continuing education that coaches in your organization must pursue to maintain their eligibility to coach in your organization? If so, what are they?

- 6.) When it comes to the 1st Dimension, what things do you do as a leader to help ensure that your coaches are equipped and prepared to coach the fundamentals with excellence?
- 7.) Organizationally, do your coaches receive any types of training to help them deal effectively with 2nd Dimension issues and/or develop 2nd Dimension strategies? If so, please elaborate.
- 8.) Does your organization offer any training or resources that are designed to help your coaches deal effectively with the 3rd Dimension issues and/or develop level 3 strategies? If so, please elaborate.
- 9.) Do you conduct any sort of post-season or annual evaluations with your coaches? If so, please describe that process.
- 10.) What steps do you take personally to ensure your own growth as a professional?

Wrap Up

- ☐ Once the interview is complete, be sure to THANK him/her for allowing us to learn more about his/her organization.
- ☐ As a “Thank You” for participating in this Case Study, let him/her know that the 3D Institute is offering a FREE registration license for athletic administrators to take the online 3D Coaching Course for Certification. The course for certification uses the same modules that you went through in this course for credit, so feel free to share your thoughts

Ask if they would like to take advantage of this offer? Yes No

If “Yes,” let them know that the 3D Institute will send them the free registration code by email. If they are interested in taking advantage of this offer, please collect the following information:

Name: _____ Title: _____

School/Organization: _____ Zip Code: _____

Email: _____ Phone: _____

- ☐ Log back into your account on 3dinstitute.com and transcribe this information into the web forms in the “Report the Interview” module.