3D Coaching at the High School Level

After completing the 3D course and then taking a critical look into the athletic programs that I am currently involved in as a member of the coaching staff I have been able to identify strengths and weaknesses in relation to 3Dimensional Coaching. I was also able to gain insight into all of our athletic programs by discussing a wide range of topics with administrators, current coaches, and former coaches. I have organized my results into the three dimensions themselves and will present the information in that manner.

**The First Dimension: Fundamentals**

Our coaching staff is held to a high standard in regards to ensuring our athletes are taught the proper skills necessary to excel in their respective sport(s). Each coach is evaluated by what they provide athletes during instructional time to ensure that adequate skill development is being deployed. Our athletes are also educated on the benefits of nutrition and sport specific lifting regiments so that they can fuel their bodies and train their bodies for success. One thing that I noticed was that many coaches are firmly planted in the 1st Dimension and leave little time for dimension 2 or 3. As Dr. Duke mentions at the beginning of the course, 1st Dimension coaching is crucial but not enough to be transformational. I believe if our coaches were more intentional about dimension 2 and 3 we would impact our athletes in a profound manner.

**The Second Dimension: Psychology**

The athletic department promotes the growth of the mind not only in our coaching staff but also the athletes that compete for us. Coaches are provided the opportunity to meet in community to discuss books such at 3Dimensional Coaching as well as Culture Defeats Strategy. This past offseason my coaching staff had the distinct pleasure of meeting Dr. Duke at a clinic that was paid for by our administration. They take the growth of the mind in our coaches very seriously. The one weakness that I would point out is the fact that these opportunities to learn are all optional. I do not know if you can legally require your coaches to attend clinics or read material but if there was a way to strongly encourage it while remaining legally compliant I feel we would get more participation out of our coaches. I would say less than 50% of our teams currently attempt to reach athletes in the 2nd Dimension.

**The Third Dimension: Heart**

Our activities director is a full supporter of the 3D Coaching model so each coach in our building has a great resource and mentor to utilize if wanting to increase their knowledge of 3D Coaching. Having just completed the course I feel there are great resources available for practical use with our programs. If less that 50% of our coaches engage in the 2nd Dimension the sad reality is that even less attempt the 3rd Dimension. The encouraging news is that I received a lot of positive feedback from coaches that were willing to incorporate 3D Coaching into their programs.