3Dimensional Coaching Final

Brad Rose, the Athletic Director at Valley High School in West Des Moines, Iowa is the person I chose to interview for the 3D coaching interview. Valley High School is one of the largest high schools in the State of Iowa. This paper will include the perceived strength and weaknesses of the athletic program at Valley in each of the 3 Dimensions of coaching (Fundamentals, Psychology and Heart). Based on this interview with Brad Rose, I will also suggest how this organization can better meet the needs of their people in each of the 3Dimensions.

I believe the athletic program at Valley High School is very strong in the 1st Dimension. The Athletic Director hires coaches that are strong in the knowledge of the sport and instructional practices. They also have Athletic Trainers, Nutritionists and Strength Coaches that work with student-athletes to build strength, power, speed, quickness and cardiovascular for the specific sport the student-athlete is being trained in. Due to the resources and how Valley High School hires coaches, I do not believe they have any weaknesses in the 1st Dimension.

Although Valley High School looks to be strong in the 1st Dimension of Coaching, they seem to have some work to do in the 2nd and 3rd Dimension. Brad Rose says that Valley does not do a lot of 2nd and 3rd Dimension Training. He did say that there is some collaboration within teams to build team cohesion in the 2nd Dimension and we offer some FCA groups to student-athletes to tap into the 3rd Dimension of Coaching.

In summary, I will suggest how Valley High School can better meet the needs of their people in each of the 3Dimensions. I think that Valley does an excellent job in the 1st Dimension and I would suggest coaches to try the following techniques to strengthen the 2nd Dimension: peer modeling of technique, writing encouraging notes to athletes and sending them home, spotlight a player every day/week where every player talks about what that player brings to the team and taking athletes to a place to serve. I believe these strategies will help build motivation, confidence and team cohesion in the 2nd Dimension. As far as strategies to help Valley High School coaches in the 3rd Dimension, I suggest that all coaches at Valley High School take the 3D course. This will help them gain a better understanding of what 3D Coaching is, and the strategies learned in each of the 3 Dimensions. When they gain a better understanding of each dimension it helps create the coaches transformational purpose statement. This framework will help guide coaches to coach with a purpose, build relationships and create a sense of love for one another in the 3rd Dimension.