Zachary Howard

3D Coaching

I interviewed one of my coaches that I have the most respect for with how he handles his coaching in the world of football but also his leadership of young men off the field. He has never been through a 3D coaching course or lesson, but he still shows certain attributes in which the 3D model exemplifies. Coach Roberto Davis doesn’t just worry about the x’s and o’s but he creates strong relationships that lasts. Coach Davis is serious about his job and cares a lot about winning and achieving our on-field goals, but he cares just as much, if not more about building young men up and building a caring relationship between a coach and a player. This relationship doesn’t stop with a coach/player style pairing but extends to an adult to young adult life teaching.

Coach Roberto Davis shows his 2nd dimension ability when answering question number 2 in our interview. He talks about the importance of his role in helping athletes accomplish their roles on the field which is the physical, but also to help bridge a gap from high school to the real world which is playing into the mindset part of coaching. What you don’t get in the interview is the experiences I’ve personally had with Coach Davis. The conversations in his office when I’ve had a bad week on the field, walking me through mental blocks as well as helping in decision making off the field with classes and future career decisions.

Another area in which coach Davis shows is a version of 3rd dimension is that he has had conversations about religion with me. He has even asked questions that I have been able to help point him in a direction toward Christ. And in asking me questions he has also made me strengthen my relationship with Christ and grow in knowledge of scripture. I understand this is not fully what the 3rd dimension describes but it is a partial showing and understanding of the needs of an athlete and not focusing only on the 1st dimension.

A weakness the Coach Davis might have is the training that is asked of in the interview questions. His staff seems to get some training but not the 3 dimensions that are found in the 3D coaching class. Not to the maximum potential that could be used in order to maximize the time spent with student athletes. Other than that I can personally say that coach Davis has a lot of attributes that I have learned are good through 3D coaching and with a few other training materials and lessons coach Davis would be a very good representative for 3D coaching.