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3Dimensional Coaching Final

In this paper I looked at the athletic programs I’m a part of and their strengths and weaknesses in regard to each of the 3Dimensions. While taking this course, I was constantly thinking of ways to make my golf and basketball programs better by using the concepts and ideas taught throughout the class. This paper will examine each of the three dimensions and look for ways to improve as a coach in each dimension.

The first of three dimensions is Fundamentals. We learned in class, we must have a solid foundation, and understanding and purpose to what we are trying to accomplish prior to building our three dimensions on top. At our school, it’s not about winning necessarily. It’s about doing things the right way, getting athletes interested in the sport, to work at becoming better players and teammates, working hard, synergy, and the winning will take care of itself. We have always been told this and I appreciate it. Our foundation can’t be made on winning at all costs. It needs to be centered around what high school athletics is all about. Being part of something bigger than themselves. A chance to compete and improve their skills. A chance to bond and get to know other athletes in the school. To practice good time management skills, hard work, sacrifice, commitment, and along the way have a lot of fun. I believe we do a good job as coaches teaching the fundamentals of our sports. But it’s been done because we didn’t have to worry about proceeding in our coaching on a shaky foundation. Our foundation is solid.

The second dimension is Psychology. There was a ton of information in this section and a lot of it hit home with me. One of my strengths is building relationships with my players. I’d say I’m less Bob Knight and more Coach K. My way or the highway approach doesn’t work with all kids like it used to in the past. We talk much more about team. We talk much more about you have to have fun. There is a reason 70% of athletes quit by the time they are 13. It’s no longer fun to many. Two concepts that stick out in my mind from the class is how I need to involve more self-evaluation opportunities for my athletes and the need to be teaching confidence. I tell my girls golfers I don’t want to hear the word “can’t” come out of your mouth. If something doesn’t work, it’s ok, we keep trying to get it right. We are working to change the mindset of our athletes and stay more positive than negative. In the past I have made a point of having my athletes peer model skills to the team, or talk through a thought process, but I need to make a point of doing this more.

The third dimension sits atop the pyramid. It’s the heart dimension. This is what could separate the good teams from the best. I believe programs who work at the third dimension probably have a step up on their competitors. We are talking about value, spirit, care, significance, love and humility. If our team can improve in this area, we could take another step forward to becoming a complete team. We keep talking about belief, but I need to coach it more. Some of the projects shown as examples in this dimension are things we will discuss as a team and do. Like the class taught us, we need focus on attitude, joy, empathy. I’m surprised I didn’t use the term empathy until now. It was such an important concept in the class/book. Especially with everything going on in the world today, now more than ever we need to be reminded of empathy.

I enjoyed the class immensely. It was interesting and allowed me to self-reflect which I don’t do enough. With everything going on in the world these days, it made me think my job is that much more important now then ever.