Coach Perez runs a great program and was great to talk too. He has a wealth of knowledge and models hard work. He shows a passion for the game and shows the importance of always wanting to get better and build on his craft. He runs his program inline with the 3Dimensional coaching. There were a couple of major takeaways that I had while I was interviewing coach Perez and one dimension that I feel can definitely still improve.

The first thing that I took away from his interview was the importance of building relationships, this goes straight into the second dimension and something I think they do a great job of. He talked about the importance of all coaches being able to build relationships so that kids have multiple people to go to and have trust in. He talked about how building relationships with your athletes and getting to know them and their backgrounds truly helps build the community within your program and gets the athletes to buy into the program. In working throughout the 3D program this ties into what the program was speaking of as well.

The second thing that we talked about a lot about was the building up the athletes, not just as athletes, but as people too, this ties directly into the 3rd dimension. This 3rd dimension is where I think the program can improve. He talked about working to build them as individuals and helping them be the best they can possibly be both on and off the court. He said he does this by keeping them accountable both in the classroom, on the court, and outside of school. He went into talking about the importance of the character of individuals and how he wants to help make his players into great young men. He said that they did a lot with charities and youth organizations. Where I think they can really improve from that is allowing their players to have more of a voice through those organizations, by letting them speak to the youth and allow them to share about some of their adversities they have had in life to relate to the people they are working with. They would then be able to bring back those experiences and having those conversations as a whole team through team meetings. This would help huge with empathy, building character, and allowing players to relate to one another.

The last thing that he touched on but didn’t spend a lot of time on was the 1st dimension. What he did speak about was the importance of building fundamentals and building the skills up from a young age. Once the fundamentals are built then you can get into the more complex drills and skills. You can tell that he thinks the first dimension is important, but without covering the other two dimensions the program will not prosper. This line of thinking is exactly what the 3D coaching core belief is all about.