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**3 DIMENSIONAL COACHING FINAL**

After talking with Mr. Brad Bascue, the athletic director at Fort Riley Middle School, I was able to determine some of the strengths and weaknesses of his overall athletic program as it relates to the 3 Dimensional Coaching principles. In my summary, I will discuss the strengths, weaknesses and give feedback on how to improve each dimension of coaching at Fort Riley Middle School.

When it comes to the first dimension of coaching fundamentals, Brad does a great job of equipping his coaches with the many different items needed to be successful. He searches out coaches who have excellent gameday strategies and who can put together great practices physically and tactically while teaching the skills associated with that sport. He helps his coaches by giving them the equipment to aid in skill development, he promotes Strength and Conditioning classes and encourages coaches to attend professional development for their sport. The biggest weakness Fort Riley has in the first dimension is out of their control. Due to the middle school being located on a military base, the student population is very transient, making it hard to develop the skills and learn how to perform in competition during the short time coaches get to work with their players.

Even though the dimensions of psychology and heart are two different sections of the 3 Dimensional Coaching Pyramid, I am going to discuss them both at the same time, because I see that Fort Riley Middle School is in the same position for both of these dimensions. Until this past year, neither category was focused on. The only time coaches would learn information from these dimensions was if their sport specific coaching workshop included them. As it is with many coaches, these two dimensions were an afterthought. Because poor team chemistry, weak mental games and a lack of heart often were used to describe athletes of their poor performing teams, a change had to be made. The entire school district decided to put their effort into developing these two dimensions and made the 3 Dimensional Coaching class available to all of its coaches. It will take some time for coaches and athletes to get accustomed to this new philosophy and there will be some growing pains. However, because the coaching will shift from transactional to more transformational, the process should speed up and help the Fort Riley teams have excellent team chemistry, strong mental skills, and perform with more heart in practices and competitions. This will be a huge benefit to the many student athletes that are part of the transient Fort Riley community. The only advice I would have for Fort Riley Middle School and the entire district is to continue to offer this course to new coaches so the entire coaching staff will be on the same page.

In conclusion, Fort Riley Middle School is really in the same situation as most athletic programs. It focuses on the first dimension of fundamentals and skill development. However, with the latest changes to include the last two dimensions, I believe Fort Riley Middle School is well on its way to having a special athletic program.