John Kemper

3-Dimensional Coaching

Case Study Essay

June 30, 2020

When tasked with conducting an interview of a professional who has coaches working under them, I wanted to find someone who I haven’t worked with. I have the luxury of living by a coach named Barrett Peery, who is the head men’s basketball coach at Division I, Portland State University. In having informal conversations with Barrett over the past 16 months since I became the head football coach at my school and taking this course it was easy to see that Barrett is a coach who coaches in all three Dimensions.

Coach Barrett is known around the country for doing only a few things, but doing them extremely well. He understands that fundamental skills and x’s and o’s are important to have as it is the foundation of a great program. With that being said, he says what sets his program apart from others is the detail to the 2nd and 3rd dimensions by him and his staff.

Motivation, confidence, Team comradery, self-worth, values and character are all aspects that he as coach instills in to his players. Coaching the mind and heart are corner stones in his philosophy. Building positive relationships throughout his team is what helps with this. His players know he cares about them as people before he cares about their skill on the court. When his players know this, he says the aspects of the 2nd and 3rd dimensions fall in to place.

Coach Peery has not had any formal training in the 2nd and 3rd dimension but he uses many of the strategies that we learned about in this course. Each morning he sends his team a group text that they will all read when they wake up. He then follows up later in the day with individual text to all of his players that does not have to do with basketball. They have movie nights, cookie baking challenges at his house, swim Olympics and other team building activities. But, his most successful activity happens on their team retreat each year, where they circle up and share personal, emotional experiences. This brings their team bonding to the next level. Seeing each other venerable and emotional brings his teams together in forming a true brotherhood. He uses the word “love” every day with his players and coaches and he truly loves them and I believe his players and coaches truly love him back.

I believe that coach has a tight knit group where love is the backbone of his teams due to his philosophy of coaching in all 3 dimensions. Even without any formal trainings he knows the importance of the 2nd and 3rd dimension. With coach being a lifelong learner, I believe with formal trainings in the 2nd and 3rd dimension he would become even more successful in these areas.