Final Assignment 3D Coaching

The person I interviewed was Matt Webb. He is the head football coach at the high school. He was my coach all four years in high school. Since this is the case, I already had a good idea of the ideas and philosophies that he believes in. I am the person I am today because of the things Coach Webb taught me. After taking this class and learning everything I have I now can see the weaknesses as well as the strengths. This program is very good in all three dimensions. This program teaches the student athletes all of the fundamentals and rules of the sports.

This program takes a lot of pride in its fundamentals. They spend time during practice everyday practicing fundamentals. They also spend time lifting and conditioning regularly. This program is always complimented as one of the best in the state of Missouri. They are always fundamentally sound, strong, and in shape. There are no weaknesses for this program in the first dimension. The second dimension is very similar.

The second dimension is psychology. Out of all the coaches I have trained under Coach Webb has by far been the best with a player psychologically. This program has a winning culture. As a team they make goals and they support each other as much as possible. The thing that stands out the most to me is the confidence he has in all of his players. He lets them know and it boosts their confidence. He is the best motivator I have met. Coach Webb and all of his assistants are great at handling players psychologically. They always know what to say to get the best out of their athletes. The team is always very close and has great cohesion. I did not see any weaknesses in this dimension just like the first.

The third dimension is heart. This program builds great character in its athletes. Every spring the team does a massive spring clean-up. People will ask Coach Webb for help and he will send athletes to go help. He does very good splitting it between older and younger players. This helps the athletes build character. This program is great at teaching kids their self-worth, character, and values. I did not notice any weaknesses in this dimension when I talked with Coach Webb.

Coach Webb is a great coach with great beliefs. He wants every player to be the best they can on the field, but he goes farther than that. He wants every player to be the best person off the filed and after they graduate. He values every athlete the same and treats them all the same. There are not favorites that he picks. He makes every kid work hard to earn their spot while mentoring them and teaching them.