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Case Study Paper

3D Coaching

Case Study

The person that I chose to interview is actually my mom. She was my coach for volleyball and basketball all throughout high school. Although she is not the athletic director of a huge school or program, I still felt as though she had a significant amount of knowledge behind these topics considering the amount of time that she has spent doing this. Her coaching experience is based out of one of the smallest districts the state of Iowa, so athletics were a lot different than we see in a lot of bigger schools. There were no tryouts or cutting from the team, majority of the time is spent just hoping and praying that she could get enough kids to put together a team. That, to me, says a lot about a coach.

As I stated in the previous unit, there is no training on the content of this course. There’s no training on coaching in the second dimension or in the third, but to me there is something to be said for those coaches coaching in the smaller district like my mom. Although there is no training, it is nearly impossible to not gain an incredible connection to your athletes. When there is sometimes only eight people that make up a team, and one was begged by her teammates to not cheerlead and come play basketball and then succeed on amazing levels. It shows that the smaller schools can really pack a punch, without having immense amounts of training on connecting with athletes.

That is not to say that this framework isn’t helpful or incredibly beneficial to everyone who takes this course, because it would truly be beneficial to every single person who finishes. What I found incredible about this course and framework is that it does not only have to be applied to coaching. I am a Secondary Business Education major, this framework can be used anywhere, whether that be the classroom or just in life.

My favorite portion of this course was without a doubt the 3rd dimension videos. Those videos were where I really saw that this can be utilized anywhere, last semester I lost my grandfather. It was incredibly tough for me and grief doesn’t just stop, especially following into this semester. Something about the 3rd dimension modules really hit home with me and truly helped me as a student push through the end of this really tough semester before graduation and student teaching. I learned so much from this course in such a small period of time and I am grateful that I got to have the experience to better myself as a future coach by learning this framework.