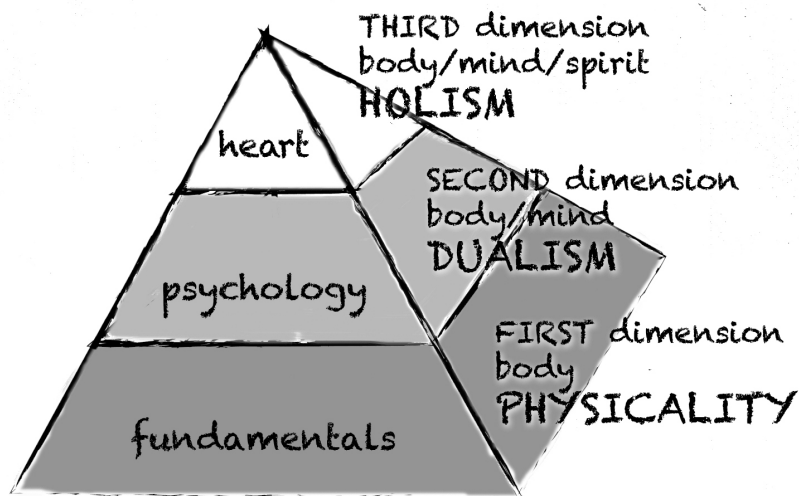


good  
game

COACHING  
IN 3-D

## DEFINITION OF THE WORD COACH FROM THE 1500's:

*A covered carriage that takes a person of importance from  
where they are to where they want to or need to go.*



## The Coach's 3-D Pyramid

### FUNDAMENTALS

STRENGTH - POWER - CARDIOVASCULAR  
SPEED - QUICKNESS - TECHNIQUE  
REPETITION - TACTICS

## PSYCHOLOGY

MOTIVATION - CONFIDENCE - INTENSITY  
FOCUS - EMOTIONS - MENTAL IMAGERY  
GOAL SETTING - TEAM COHESION

## HEART

VALUE - PURPOSE - IDENTITY - WORTH  
CHARACTER - SIGNIFICANCE

## Results of the 3-D coach

Athletes:

- learn skills more quickly  
(more attentive)
- higher fitness compliance  
(work harder)
- shorter rehabilitation  
(injury recovery)
- more adaptable to new conditions  
("on the road")
- freedom to be creative  
(coach-speak - is a "gamer")
- deeper relationship between coach  
and athlete  
(learning life's lessons)

What if every coach /parent/leader  
grasped his/her role in  
three dimensions?

## Mindsight Questions

Why do you coach?  
Why do you coach the way you coach?  
What does it feel like to be coached by you?  
Is your coaching worth imitating?

## NEXT STEPS