

Coaches Academy

* Research shows that coaches who coach in all 3 dimensions regularly produce athletes who: learn skills quicker (more attentive), achieve higher fitness compliance (work harder), experience shorter rehab (recover from injury), are more adaptable to new conditions (“on the road”), possess freedom to be creative (“are gamers”), develop deeper relationships with other players and coaches (learn life lessons).
* Only about 15% of coaches intentionally coach beyond the 1st Dimension.
* 70% of athletes will fail to reach their full potential on & off the field because of 2nd Dimension issues.
* The “Coach” is the single-most influential authoritative figure in life of today’s adolescent.

2nd Dimension Issues:

**Motivation** – the inclination to pursue and persist in the journey towards a desired outcome. There are externally motivated players and internally motivated players. Most are motivated externally, we want to coach in a way that produces internal motivation in your players.

“Delegating tasks create followers. Delegating authority creates leaders.” – Craig Groeschel

 -Extra Practice – Clean your room

**Confidence** – defined as the individual’s belief that he or she has the necessary skills to produce a desired outcome.

“Coaches who acknowledge small and big accomplishments in their players build confidence.”-Dan Bishop

 -Spotlight Drill

-Vocal-Leader position

**Emotions** - few things like competitive athletics have the ability to put on display the whole range of human emotions. It is often the response to performance.

“If a person doesn’t govern his temper, his temper will govern him.” -John Maxwell

 -Put-Up

**Team Cohesion –** unifying a team in pursuit of a goal so that team members think “we” instead of “me.”

“A group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others.” -Norman S. Hidle

 -Eat together after a practice or game

 -Go volunteer and serve somewhere in your community together

-One Word – can be emphasized for the individual or for the team [www.getoneword.com](http://www.getoneword.com)

To go deeper go to: [www.fcacoachesacademy.com](http://www.fcacoachesacademy.com)

Pre-season

* Coach the parents-set the expectation; Communicate the win: Attitude & Effort
	+ Ask the parents to answer in writing, “Tell me one thing about your child that can help me coach them better?” (nothing to do with 1st Dimension stuff, that is your job as the coach)

In-Practice

* Design ways for them to compete; pitch at their level; no standing!

In-Game

* Map out inning by inning lineup and stick with it:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Order | # | Name | 1st | 2nd | 3rd | 4th | 5th | 6th |
| 1) | 11 | Eunice |  | CF | SS |  | CF | CF |
| 2) | 0 | Natalia | 2B |  | P | P | C | 2B |
| 3) | 10 | Erin | LF |  | 3B |  | 3B | RF |
| 4) | 20 | Kamari | 1B | 1B | 1B | 1B | P | 1B |
| 5) | 2 | Karis | CF | 2B | - | CF |  | LF |
| 6) | 1 | Destiny | P | P | C | C | 1B | P |
| 7) | 18 | Haily |  | RF | CF | RF |  | 3B |
| 8) | 2 | Johanna | SS | SS | - | SS | SS | SS |
| 9) | 16 | Ava | C | C | 2B | 2B |  | C |
| 10) | 3 | Liberty | 3B |  | LF | 3B | 2B | - |
| 11) | 12 | Jacquelyn | RF | 3B |  | LF | LF |  |
| 12) | 6 | Jayda |  | LF | RF |  | RF |  |

* Designate a coach to direct the outfielders, one for the infielders so they hear one voice
* ENCOURAGE…Harp on the positive
* Reward/Highlight Effort and Attitude (Put in on your lineup, Designate a coach to do this job)

Play of the Game, Defensive Stopper, Heads up Baserunning, Attitude of Gratitude, Hustle to position, Hustle off the field, Doing what's right on bench, Heads up on deck

Post Season

* Letter to parents of appreciation.
* Letter from parents to kids of what they observed in them (no 1st Dimension stuff)