

3D DIMENSIONAL COACHING™



THE 3D JOURNEY

As you embark upon a journey of understanding the 3D framework, you will begin to discern your transformational purpose with clarity. Our online training will guide you through this process and help you create a plan to fulfill your purpose with practical 2nd & 3rd dimension strategies. Along the way, you will make important discoveries that will increase your capacity to effectively coach the 21st century athlete.

- Create strategies to combat “entitlement”
- Learn how to motivate athletes from within
- Understand how to build confidence
- Develop strategies to harness emotions
- Discover the formula for team cohesion
- Realize how to effectively set goals
- Establish a plan to cultivate character

RESULTS OF 3D COACHING

Research indicates that 3Dimensional Coaches regularly produce athletes who:

- Learn skills quicker
- Work harder
- Recover from injury faster
- Are more adaptable to new conditions
- Play at a higher level
- Learn life lessons through sport

READY TO START THE JOURNEY?

Visit our website to learn more about:

- 3D Coaching Workshops
- Online Certification Courses
- Online Courses for College Credit



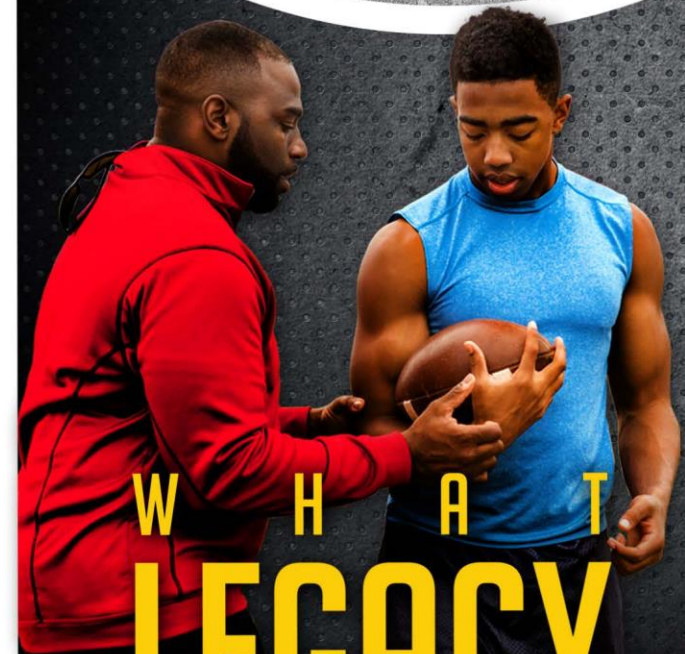
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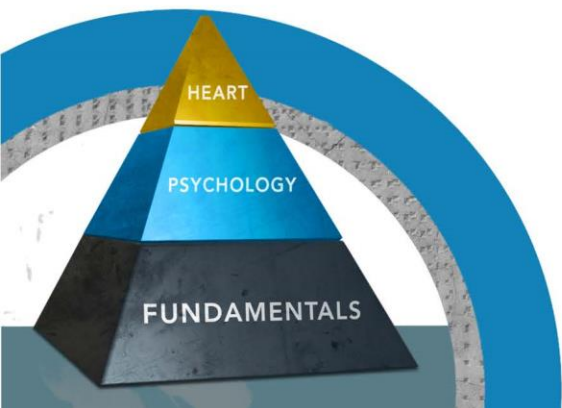
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WHAT
LEGACY
WILL YOU LEAVE AS A
COACH?





THE 3RD DIMENSION

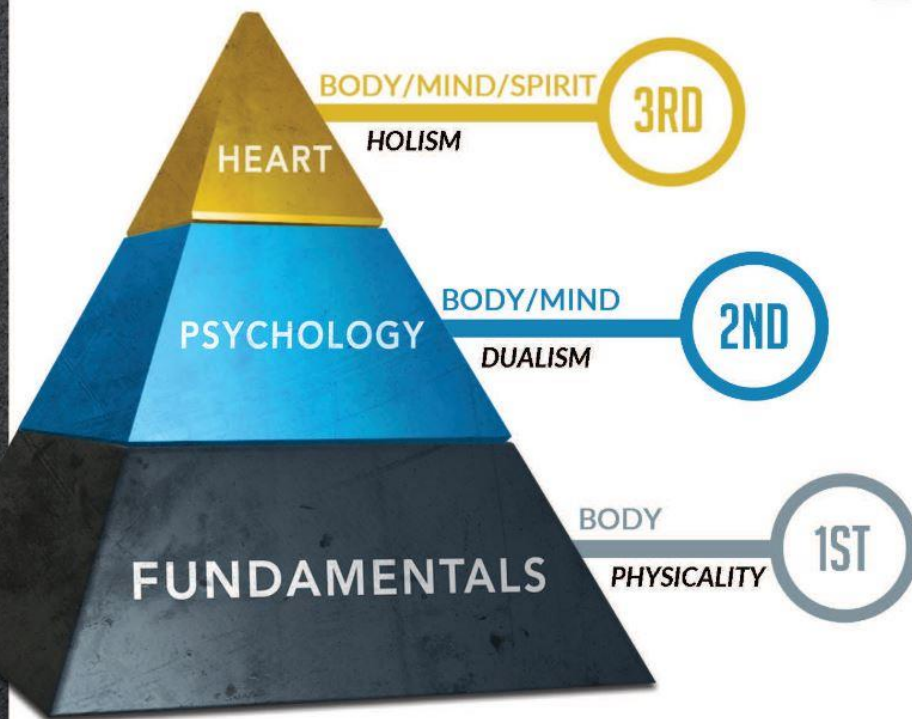
- IDENTITY
- CHARACTER
- SIGNIFICANCE
- SELF-WORTH
- VALUES
- PURPOSE

THE 2ND DIMENSION

- MOTIVATION
- CONFIDENCE
- EMOTIONS
- TEAM COHESION
- GOAL SETTING

THE 1ST DIMENSION

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



A FOUNDATION OF PURPOSE

To maximize their influence for good, coaches must be clear about why they are coaching. 3D Coaches impart life-changing messages and create strategies to help athletes develop holistically. A clear understanding of your transformational purpose is foundational to using the 3D Coaching framework effectively.

THE 3D COACHING FRAMEWORK

The 3D framework empowers coaches at any level to fulfill their transformational purpose by helping them become:

- Fundamentally sound (1st Dimension)
- Skilled at coaching the mind (2nd Dimension)
- Focused on developing the heart (3rd Dimension)

BUILDING A LEGACY

As the popularity of sports around the world continues to increase in the 21st century, the coach's influence continues to increase as well. The coach is one of the most prominent authoritative figures in the lives of today's youth. Coaches will leave a legacy. **What will that legacy be?**



DR. JEFF DUKE, ED. D.
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Developer of the 3D Coaching Framework



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