The Coach’s Dimensional Pyramid

THIRD DIMENSION
Holism
Body / Mind / Spirit

SECOND DIMENSION
Dualism
Body / Mind

FIRST DIMENSION
Scientific Materialism
Physical / Body

“HEART”
✓ Soul
✓ Spirit

“PSYCHOLOGY”
✓ Motivation
✓ Confidence
✓ Intensity
✓ Focus
✓ Emotions
✓ Mental Imagery
✓ Routine
✓ Team Cohesion

“FUNDAMENTALS”
✓ Strength
✓ Power
✓ Cardiovascular
✓ Speed
✓ Quickness
✓ Technique
✓ Repetition

Results of the Three Dimensional Coach
“Capturing the Heart of the Athlete”

• 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).