



WE HAVE 10 QUESTIONS, DO YOU HAVE....?

understanding of the hot-button 2nd-Dimension issues that frustrate coaches in our world

Take the following test and see how many “Do You have’s” that you are dealing with. Score over 5 -we have programs and strategies to help you. Over 7 - accept the 3D Challenge! It is well worth the journey. Contact us today so we can discuss an action plan for you and your staff.

Motivation

- 1. Do you have athletes who will seemingly quit on you in a heartbeat? Why do you think this happens?
- 2. Do you have challenges motivating today’s athletes to commit to a long-term process in a culture that values immediate gratification?
- 3. Do you have players primarily motivated by playing time, a certain position on the team or a potential scholarship? Do they quit when one of those three motivators is taken away?

Confidence

- 4. Do you have athletes who shrink back when the game is on the line? Why do you think this happens?
- 5. Do you have to help athletes gain or regain confidence when it is lost?

Emotions

- 6. Do you have athletes whose emotions get in the way of peak performance?
- 7. Do you have a strategy for harnessing the power of passion and emotion in sport so that it enhances athletic performance instead of hindering it?
- 8. Do you have a way of knowing which emotions improve attitude and effort and which emotions dampen attitude and effort? What is your strategy to create the beneficial emotions?

Team Cohesion

- 9. Do you have athletes who struggle to buy into the team concept? Why?
- 10. Do you have ways to make a team “we” in a culture that constantly sends the message that it’s all about “me”? What’s your strategy?

SCHOOL:

CONTACT: