

3D COACH

CAPTURING THE HEART BEHIND THE JERSEY

OUR CULTURE

Belong
Believe
Behave

OUR FOCUS

Exceptional
✓ Character
✓ Competency

OUR DREAM

“It’s not about rugby, it’s about young men.
It’s not about building a championship team,
It’s about building championship boys.
Boys who will be forever strong.”
- Larry Gelwix

**TO DEVELOP YOUNG PLAYERS, COACHES
AND MEN TO BE WORLD CLASS**



OUR VALUES

✓ Honesty
✓ Discipline
✓ Work ethics
✓ Humility

“Try not only to become a man of success,
but rather try to become a man of value.”
- Albert Einstein

STELLENBOSCH
RUGBY ACADEMY
since 2004

1. WHY DOES IT MATTER?

“And what do you benefit if you gain the whole world, but lost your own soul?”
– Matt. 16:26

ROLL OF A COACH

- “ Help players to be **better players or coaches**
- “ Use sport to build the next generation of **better leaders** (men)



WHY?

- “ **Social structure** of society changed drastically (absent fathers, 3 of 4 parents quit, parents non or hyper involved)
- “ Coach is single most **influential** figure in young person's lives
- “ 70% of players will fail true potential because of **2D issues** (unmotivated, no BMT, too emotional, selfish)



2. WHAT IS 3D COACHING?

DIMENSIONS

3rd Dimension	Heart (spiritual)
2nd Dimension	Mind (psychology, emotional)
1st Dimension	Body (fundamentals, physical) (85% of coaches)



OUR FOCUS

We believe leaders must have **character** and **competence**.
Therefore SRA helps to equip
and support students in a
professional manner to be:



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OUR FOCUS

- “ Quality rugby **players** with the necessary physical, technical / tactical skills to achieve their full potential as players, with a healthy lifestyle **(BODY)**.
- “ Successful and innovative rugby **coaches**, referees, performance annalists, sport and business managers who are ready for the challenges of life **(MIND)**.
- “ Balanced young **men** with solid values, who can confidently make independent decisions in the adult world **(HEART)**.



1D COACHING

- “ Every miracle of Jesus starts with physical needs
- “ **SRA:** Rugby, Coaching, Academic programmes
- “ Can be trained, measurable



“Rules without relationship lead to rebellion.” – Josh McDowell

2D COACHING

- “ Will learn **skills** faster (more focused)
- “ Achieve higher **fitness** compliance (work harder)
- “ Experience shorter rehab – **recover** quicker (positive)
- “ More adaptable to **new conditions** (confidence)
- “ Possess freedom to be more **creative** – gamers (don't fear – see opportunities)
- “ Develop deeper **relationships** (learn life lessons better)



3D COACHING

It is:

- ” To connect the body and mind to the **heart** – holism
- ” The journey that leads to **transformation** of life
- ” Character, identity, purpose, self-worth, significance, value



3. STRATEGY FOR 3D COACHES

People don't care how much you know, until they know how much you care.

REALIZE YOUR IMPACT AS COACH

“One coach will impact more young people in one year, than the average person will be in a life time.” – Dr. Billy Graham



OPEN YOUR HEART TO THE EXAMPLE OF JESUS

- “ Jesus is the Master 3D coach of the heart - Jewish leaders was like 1D coaches (salvation based on performance)
- “ Build a great team of 12 men: 3 captains (Peter..., James, John) in just over 3 years – impact world for 2 000 years plus!
- “ Parable of the seeds (Matt 13: 3 – 8): Hard ground (non commitment), rocky ground (no support system), weeds (external pressures), good soil (solid foundation)



BE WILLING TO TRY SOMETHING DIFFERENT, INNOVATIVE!

- “ 3D coaches are against human nature and sports culture
- “ There is a greater purpose than winning games and trophies only

Motivation
Confidence
Emotions
Team cohesion

4. MOTIVATION

Delegating tasks create followers – Delegating authority creates leaders.

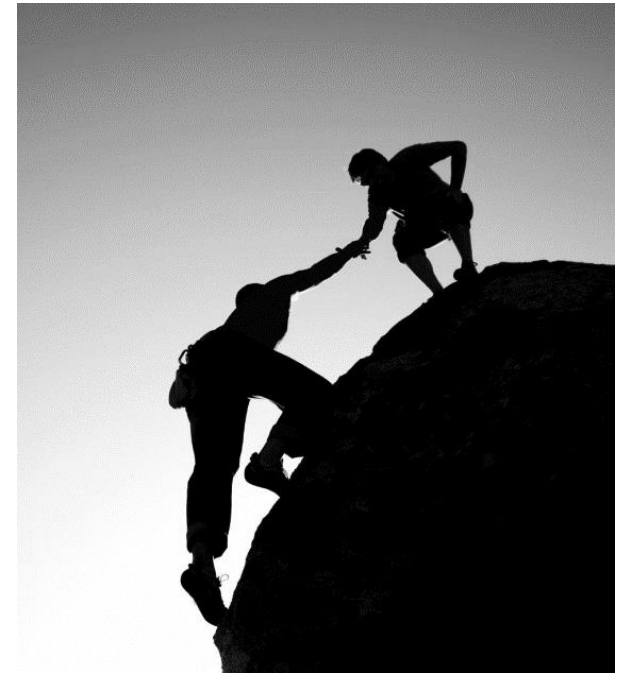
TYPES OF MOTIVATION

- “ **Extrinsic:** Players want returns, see it as primary goal, become their identification (about the stuff)
- “ **Intrinsic:** Enjoyment, understanding life
- “ **Luke 15: 11 – 32** – oldest son (1D), father (3D)



COACH MUST SET EXAMPLE

- “ Open door vs open heart policy
- “ **Not only:** There is no I in team – BIG TEAM – little me
- “ Servant Leadership (like Jesus): Recruit 1st disciples in boat
- “ Peter walks on the water (Matt. 14:28 – 29); Paul, disciples (Matt 28: 19 – 20)
- “ **Modelling:** Leader, peers, self modelling



5. CONFIDENCE

“Confidence is contagious. So a lack of confidence.” - Vince Lombardi

A 3D COACH UNDERSTANDS

- “ The concept of **legacy**, and how his influence can change individuals and communities
- “ Players must believe they have necessary skill to produce outcome
- “ Must actually come from home....
- “ **Steps:** Previous successes, others successes (Moses) , ongoing successes (heal sick). Be specific and positive.

Do not criticize players, until they are 1st convinced of your unconditional confidence in their abilities.



ATTRIBUTIONS OF A CONFIDENT PLAYER

- “ **Internal:** Responsible for himself – to serve team mates
- “ **External:** Believe in himself when nobody else do
- “ **Global:** Believe his success with generalize in other aspects of life



6. EMOTIONS

Sports weren't meant to be work – sports were meant to be play.

IT IS A RESPONSE TO PERFORMANCE

Positive

- “ Sometimes 1D coaches do not get the balance right, turn “Pleasant helpful” (outplay) into “Pleasant harmful” (outwork):
- “ **Pleasant helpful:** Excitement, joy (motivated, pursuit goals)
- “ **Pleasant harmful:** Satisfaction, complacency (nothing more to accomplish, loose interest, unfocused)
- “ New culture: Keep balance between work and play (identify joy robbers in team – do away with outwork mentality)
- “ Jesus: Rest

IT IS A RESPONSE TO PERFORMANCE

Negative

- “ **Unpleasant helpful:** Short-term frustration, anger, disappointment (motivate, can increase confidence, distract from injury)
- “ **Unpleasant harmful:** Fear, desperation, panic, guilt, embarrassment, shame, distress, sadness, rage (too intense, total shutdown)



7. TEAM COHESION

*“Coming together is a beginning – Keeping together is progress – Working together is success.
- Henry Ford*

IMPORTANT

- “ Jesus called his disciples into a relationship with Himself. Also Joh. 13: 34 – 35.
- “ **Humility:** From me to we (count on team mates – also training)
- “ Everybody can be great, because everybody can serve (do not need degree)



“The enemy of teamwork is individualism. As a team, the whole has to be greater than the sum of every individual part. The only way to do that, is to work together. You can go a lot further pulling together, than you can with individual people pulling separately.”

– Tony Dungy

FOCUS ON THESE TASKS

- “ **Individual:** Coordinate individual with teams goals: game performances/ tasks or awards of individual team members (1D)
- “ **Group:** Goals of unit or team (1D)
- “ **Individual relationships:** Quality of social relationships of individuals within team (2D)
- “ **Group relationships:** General quality of relationship in team (2D)



STRATEGIES

A coach must have everlasting relationship with his players and parents:

- “ Show players that everybody has a place in team
- “ Help them see what they can accomplish in life if they work together
- “ Create a lasting bond
- “ Examples: Games (Louis), community projects, prizes, meal together



**8. WHAT LEGACY
WILL YOU LEAVE
AS A COACH?**

Do not conform to the pattern of the world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is. (Paul, Rom. 12:2)

3D Coaches are on a Journey:

- “ Take players somewhere they can't go on their own
- “ Jesus was a 3D coach too!



THE FELLOWSHIP OF CHRISTIAN ATHLETES

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3D COACH

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