



3D Coach 4 Significance

The Winning Combination for Sports and Life

WORKSHOP



A **3D Coach 4 Significance (CS)** is an outstanding teacher, an exemplary role model and a dynamic leader. This individual is the catalyst for uniting players into a single, selfless team that accomplishes memorable feats. A Coach 4 Significance earns the trust and respect of student-athletes and makes a profound impact on their lives both on and off the playing fields.

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| OVERVIEW | Dr. Ralph Pim and Ms. Carlette Patterson present a 2-day, 10-hour workshop for the coaching staff. |
| FINAL SCORE | The coaching staff gains invaluable strategies, tactics, and skills to help their program take the next step for attaining competitive greatness. |
| WHAT IS COMPETITIVE GREATNESS? | Competitive greatness is the ability to be at your best when your best is needed. It is derived from the top block of legendary coach John Wooden's Pyramid of Success. The individual blocks in Coach Wooden's Pyramid consist of personal qualities necessary for achieving success. The top block of competitive greatness can not be achieved without the mastering the individual blocks which integrate the mind, body, and spirit. |
| TODAY'S CHALLENGE | Every athlete and every coach possesses the dream to be great, and every team dreams of winning a championship, but in reality, achieving competitive greatness is one of the most difficult things to do in life. Very few teams ever reach their full potential and some actually become dysfunctional during the course of the season. Players who once played with enthusiasm become disenchanted and disheartened. Coaches who had high aspirations for their teams become embittered as the losses mount. Teams that showed so much promise fade quickly into the sunset as the season progresses. |
| ENHANCE TEAM GREATNESS | <p>3D Coaching has the Prescription to Enhance Team Greatness</p> <p>Based on years of researching legendary coaches and championship teams, 3D Coaching has developed signature programs for athletes, coaches, and teams that enhance competitive greatness. This strategic model includes sports life coaching tools designed to assist individuals and teams create unique winning strategies for championship performances on and off the playing field. 3D Coaching recognizes that truth, faith, and love are essential ingredients for creating competitive greatness. Its methodology is simplified by using a process called "The Power of 3." This concept dictates that a person should limit his or her attention to no more than three tasks or goals at a time. Training sessions focus on fundamentals and skills that clearly define what is important and help athletes, coaches, and teams overcome the performance barriers that prevent competitive greatness.</p> |
| OBJECTIVES | <ul style="list-style-type: none"> - Help you define yourself both as a person and as a coach. - Identify your instinctive strengths using the Kolbe System and provide strategies on how to use your strengths to enhance competitive greatness. - Help you put your natural skills into action for effective coaching. - Create a powerful purpose and compelling vision for your team. - Crack the core value code and establish the foundation for team cohesion. - Introduce skills and drills to create indestructible bonds among team members. - Identify and discuss the performance barriers that prevent teams from attaining competitive greatness and prescribe strategies and tactics to overcome each barrier. - Empower team members to maximize their strengths. - Discover the competitive greatness of your team members. |



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3D Coach 4 Significance (CS) Workshop

Presented by Patterson Sports Ventures

For more information contact **Carlette Patterson** at **602.361.4555** or
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| WORKSHOP | TIME | The 3D Coaching 4 Significance Workshop is divided into 4 quarters and an overtime period. |
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| 1ST QUARTER | 2 HOURS | <ul style="list-style-type: none"> - Examining yourself as a person and as a coach - Understanding your natural strengths based on the results from the Kolbe System - Using your natural skills to become a great coach |
| 2ND QUARTER | 2 HOURS | <ul style="list-style-type: none"> - Defining competitive greatness - Identifying and overcoming performance barriers - Seeing for miles, miles, and miles (vision) |
| 3RD QUARTER | 2 HOURS | <ul style="list-style-type: none"> - Cracking the core value code - Transforming words into actions - Creating a team covenant that defines a team's culture |
| 4TH QUARTER | 2 HOURS | <ul style="list-style-type: none"> - Building Team Cohesion - Instilling Team Commitment - Creating Team Spirit |
| OVERTIME | 2 HOURS | <ul style="list-style-type: none"> - Summary - Lessons learned - Next Steps |
| COACH | DR. RALPH PIM | <ul style="list-style-type: none"> - Director of Competitive Sports in the Department of Physical Education at the United States Military Academy and oversees an athletic program for over 3,500 cadets. - In 2008, selected as one of the "15 Most Influential Sports Education Teams in America" by the Institute for International Sport. - In 2009, one of only 12 Americans chosen as a Sports Ethics Fellow by The Positive Coaching Alliance and the Institute for International Sport. - Author of 9 books |
| COACH | CARLETTE PATTERSON | <ul style="list-style-type: none"> - CEO of Patterson Sports Ventures, Inc. - Official Sports Life Coach for the Arizona State University Women's Basketball Team and the United States Military Academy Women's Soccer Team . - Developed Sports Life Coaching courses designed to train retired professional athletes and coaches to become Sports Life Coaches. - Clients include professional sports teams, coaches and athletes in the U.S. and New Zealand. |