



## Fundamentals of Coaching

### Course Objectives:

- Describe the mission and purpose of interscholastic athletics
- Recognize your coordinating responsibilities in facility management, scheduling, transportation and budgeting
- Establish procedures for emergency care of your students
- Explain training principles (i.e., specificity, reversibility, periodization, individualization) that will enable you to develop a season-long training plan
- Identify tips on how to prepare for and behave during competition

### Unit 1: Educational Athletics and the Role of the Teacher/Coach

- Course Welcome
- History, Mission and Purpose of Interscholastic Athletics
- The Role of Teacher/Coach
- Coaching Philosophy
- The Place of Winning in Interscholastic Athletics
- Expected Outcomes of Interscholastic Athletics

### Unit 2: The Teacher/Coach as Manager

- Unit 2 Objectives
- Organization
- Administration
- Health and Well-being
- Management of Stakeholders
- Legal/Liability Concerns

### Unit 3: The Teacher/Coach and Interpersonal Skills

- Unit Three Objectives
- An Optimal Coaching Environment
- Communication
- Feedback
- Mental Skills

### Unit 4: The Teacher/Coach and Physical Conditioning

- Unit Four Objectives
- Teaching and Learning
- Rest and Recovery
- Training Schedule

- The Individual Practice Session
- Growth and Development
- Nutrition
- Hydration
- Injury Prevention

### Unit 5: The Coach as Teacher

- Unit Five Objectives
- Teaching and Learning
- Technical Skill Development
- Tactical Awareness
- Practice Planning

### Course Conclusion

- Completion Certificate
- Course Evaluation

**Resource Summary:** Coaches Code of Ethics, Coaching Philosophy Worksheet Template, Americans with Disabilities Act, Budget Forms, Eligibility Form, Facilities Forms, Fundraising Forms, Injury Report Forms, Inventory Form, Emergency Care Plan, Medical Consent to Treat Forms, Parent-Coach Communication Form, Psychology of Sport Injury, Risk and Warnings Permission Forms, Scheduling Form, Sexual Harassment and Hazing Brochure, Title IX Brochure, Transportation Forms, Goal Setting Worksheet, Communicable Disease Procedures, Daily Practice Plan, Sample 24 Hour Menus.