




Fundamentals of Coaching

This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools. This course follows the National Standards for Sport Coaches, NASPE, 2006, which identifies what coaches should know and be able to do.

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
- Indicate strategies for working effectively with all stakeholders in the sport program
- Introduce a mental skills training program to your students in order to improve their mental skills (i.e., goal-setting, confidence, concentration, ideal performance state)
- Use the 5 step tactical interviewing process to improve your students' tactical awareness
- Identify tips on how to prepare for and behave during competition

More

- Unlimited access to course & resources for one year from date of purchase
- Required course for  certification
- Approved by NFHS for 12 course clock hours

More Information at [nfhslearn.com!](https://nfhslearn.com)

Units

Educational Athletics and the Role of the Teacher/Coach

- 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

The Teacher/Coach as Manager

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

The Teacher/Coach and Interpersonal Skills

- An Optimal Coaching Environment
- Communication
- Feedback
- Mental Skills

The Teacher/Coach and Physical Conditioning

- Teaching and Learning
- Rest and Recovery
- Training Schedule
- The Individual Practice Session
- Growth and Development
- Nutrition
- Hydration
- Injury Prevention

The Coach as Teacher

- Teaching and Learning
- Technical Skill Development
- Tactical Awareness
- Practice Planning