

Ms. Skakandi

dskakandi@csh.k12.ny.us

Fundamentals of Coaching

Course Description

This course is designed to develop a student's knowledge and understanding of coaching principles and techniques along with the overall group dynamics of sport. Students will develop the ability to plan and implement coaching methods that are based on physical conditioning, sport skill development, strategy and sport tactics. Time will be spent designing and participating in drills, sport skill tests, progressive practice sessions. Class experiences will include actively developing a team tryout that evaluates student athlete's skill, fitness level, attitude and application of strategy. In addition, students will observe various coaches and will analyze and debate issues such as ethical conduct, team rules, and team values. Guest speakers will help to provide different coaching perspectives. One major goal of the course is to impart the knowledge and understanding to students so that they may confidently coach, at some level, later in their lives.

Class Requirements

- This class meets alternating days for the entire school year and successful completion of the course meets your physical education requirement for the year. You must pass four years of physical education to graduate!
- Students are expected to be present in class and on time unless prior arrangements have been made with the teacher. The only approved absence is a legal absence from school.
- "Cutting" class will not be tolerated and will result in a failing grade.
- There will be times when students are required to change for class. You will be told in advance and given a locker to keep your belongings.
- Extra help and extra credit are available upon request.
- Students should bring a positive attitude and have respect for others in class.
- Students must be a junior or senior to take this class.

Covered Topics

Coaching for character

Coaching philosophy/value statements

Goal setting

Effective leadership

Redefining winning

Resume building

Parent meetings/letters home

Codes of conduct

Fitness components

Sport specific fitness training for athletes

CPR for coaches

Ranking and rubrics

Sports conditioning/strength training

PCA- Positive Coaching Alliance

Grading

A 93-100

A- 90-92

B+ 87-89

B 83-86

B- 80-82

C+ 77-79

C 73-76

C- 70-72

D+ 67-69

D 65-66

I Incomplete; only given in special circumstances (students will be given 2 weeks after the marking period ends to complete all required work, in order to receive credit for class/grade.

F Below 65

Grades will be based on the following:

In class participation

Active participation in sport specific assignments

Written assignments-individual and group

Attendance

Presentations

Group Projects

Quizzes

Outline of Class Assignments

Coaching Philosophy: Students will develop a philosophy of coaching that outlines their values and how they will impact the players on their team. This philosophy will include a brief description of how coach believes he or she will be described by his or her athletes. It will also include the importance of winning, criteria for determining playing time, team rules/consequences.

Role-playing: This aspect of the course is designed to give students the opportunity to plan and implement a meeting with an athlete who is having a problem that commonly occurs in athletics (teacher will assign). Each student will role-play a situation as a coach and as an athlete.

Athlete Interview/Resume: Students will be required to interview an athlete at CSH, in order to put together a resume and introductory letter that showcases the athlete's achievements.

Code of Conduct/Preseason meeting: Students will plan and conduct a preseason team meeting where they will discuss their philosophy, coaching style, expectations, goals, practices, responsibilities of the team and of the parents. The key is to cover

anything that may come up during the year. A code of conduct will also be developed, outlining the responsibilities of any individuals on the team.

Nutritional Planning for Athletes: Students will explain the importance of proper nutrition and how healthy habits will increase athletic ability. A list of highly recommended and not highly recommended foods will also be included.

Equipment and Material List: Students will put together a list of materials/equipment that is needed to plan a successful sport tryout. This list will also contain drills and tests that a coach may use during practice sessions.

Communication in Athletics: General types of letters will be written during this course.

Examples-

1. Introduction of coach and plan for the upcoming season
2. Letter to parents
3. Recommendation for college bound athletes
4. Nomination for awards
5. End of the season

Team Tryout: Students will develop a group project done that evaluates an individual's athletic skill in a specific sport. Each group will be assigned a sport and will design tryout that will assess the fitness levels, skill levels, attitude and application of strategy. Students will be expected to perform their tryout/tests in class.

Athletic Budgeting: After completing the plans for an athletic tryout, students will have to budget for their sport. Only a certain amount of money will be granted and they must get everything they need without going over budget. Each student must keep track of the items, quantity and total costs.

Emergency Action Plan: In case of an emergency, coaches should have a specific plan to follow. This plan will be developed in class and should list what to do in different situations.

Coaching Methods: Students will have to watch a sporting event and observe the way coaches interact with players, officials, parents and opponents. Students will compare and contrast the different ways coaches find success and how each one goes about obtaining their goals.

Bibliography: Students will develop a list of five key references for coaching the sport of their choice. Each resource will have a one paragraph description that details why this book is a key reference for coaching the selected sport and which areas it covers.