

Online Course Highlights



BETTER ATHLETES
BETTER PEOPLE

DOUBLE-GOAL COACH® ONLINE COURSES

These highly interactive courses are loaded with video from top athletes and coaches, such as Phil Jackson, Dusty Baker and Julie Foudy, who support PCA because they know that Positive Coaching gets the best out of athletes in sports and in life. The courses provide specific tips and techniques from leading researchers in sports and educational psychology.

Upon course completion, each coach will be a certified Double-Goal Coach, equipped to pursue both winning and the more important goal of teaching life lessons through sports.

Course options:

■ "Double-Goal Coach: Coaching for Winning and Life Lessons"

Introduces PCA's Double-Goal Coach model and presents research from experts in coaching, education and sports psychology.

■ "Double-Goal Coach: Culture, Practices and Games"

Shows how great coaches build a culture that calls forth the best in people, including:

- Elements of team culture that encourage athletes to give 100% effort
- "10-step Guide" to productive practice sessions that reinforce team culture.

■ "Double-Goal Coach: Developing The Triple-Impact Competitor®"

Targets coaches of at least middle-school age student-athletes, helping them make the journey from sports "participant" to a Triple-Impact Competitor, working to impact sport on three levels by improving oneself, teammates and the game as a whole

- Over a dozen specific exercises for coaches to use with student-athletes
- Additional tools and resources for coaches to help their student-athletes improve on and off the field.

TRIPLE-IMPACT COMPETITOR: A LEADERSHIP WORKSHOP FOR ATHLETES (Online course)

Videos from Doc Rivers, Julie Foudy, Shane Battier and other top athletes and coaches help equip student-athletes with tips from the latest sports psychology research and specific tools to immediately improve their game and their impact on their team and the larger community within and around the school.

Course completers learn how to deal with high-pressure game situations, motivate their teammates to give their best effort, and carry themselves in a way that respects others and earns respect for themselves.

HONORING THE GAME: THE OFFICIAL'S ROLE IN CREATING A POSITIVE YOUTH SPORTS CULTURE (Online course)

The course adapts for game officials the core PCA philosophy and practice that underpins a positive youth sports culture: Mastery; Never Too High, Never Too Low; and Honoring the Game. The official will receive powerful tools to assist with different officiating scenarios.

The Officials Online Course is based on the latest research from sports psychology and reflects the best practices of elite officials across the country, including Barry Mano, PCA National Advisory Board member and President of the National Association of Sports Officials.