

## POSITIVE COACHING ALLIANCE ONLINE COURSES

PCA offers six online courses – all expert-developed, and designed to help coaches, parents, athletes and officials ensure that winning happens both on and off the field in youth sports. Whether you want to improve your youth sports experience, or your school/organization has directed you to these courses, they will benefit you and the youth you serve!

Courses are self-paced, take only 60 minutes to complete, and include instructional modules and opportunities for interactivity and reflection. They also feature easy-to-use tools and tips to help you put positive coaching practices to work right away!

### **DOUBLE-GOAL COACH®: Coaching for Winning and Life Lessons**

If you have no experience with PCA, this is the course for you – Positive is Powerful! In this highly-interactive, online Double-Goal Coach® course – with advice from top pro athletes and coaches on PCA's National Advisory Board – coaches explore why and how to pursue both winning and the more important goal of teaching life lessons through sports.

### **DOUBLE-GOAL COACH®: Culture, Practices and Games**

Phil Jackson, Doc Rivers, Herm Edwards and other top coaches and athletes help you create a team culture of excellence. Specific sections of the course focus on creating dynamic practices and strategies for getting the most from your athletes – as players and as people – before, during and after the game.

### **DOUBLE-GOAL COACH®: Developing the Triple-Impact Competitor®**

PCA National Advisory Board pro coaches and athletes train coaches to help their high school athletes become "Triple-Impact Competitors" who excel on three levels:

- Personal Mastery  
*Making oneself better*
- Leadership  
*Making one's teammates better, and*
- Honoring the Game –  
*Making the game better.*

### **HONORING THE GAME: The Official's Role in Creating a Positive Youth Sports Culture**

This interactive workshop, filled with powerful officiating tools, is based on the latest research from sports psychology, and reflects the "best practices" of elite officials across the country! It introduces PCA's three main principles behind creating a positive youth sports culture for officials: Mastery (ELM); Never Too High, Never Too Low; and Honoring the Game.

### **SECOND-GOAL PARENT®: Developing Winners in Life Through Sports**

Top coaches and athletes train youth sports parents to focus on helping their children process the life lessons uniquely available through sports. This highly interactive workshop provides specific tips and techniques for parents to use in talking with their children on game day, developing a productive parent-coach relationship, and becoming effective and positive supporters in the stands.

### **TRIPLE-IMPACT COMPETITOR®: A Leadership Workshop for Athletes**

Doc Rivers, Julie Foudy, Shane Battier and other top coaches, athletes, and experts teach student-athletes how to make positive contributions on three levels:

- Personal Mastery  
*Making oneself better*
- Leadership  
*Making one's teammates better, and*
- Honoring the Game –  
*Making the game better.*

