

# Online Course Highlights



Courses take 60-90 minutes to complete, including a test and certificate for passing the test.

## **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.

- **“Culture, Practices and Games”**

Shows how great coaches build a culture that calls forth the best in people, including tactics to encourage athletes to give 100% effort and a “10-step Guide” to productive practice sessions that reinforce team culture.

- **“Developing the Triple-Impact Competitor®”**

Targets coaches of at least middle-school age student-athletes, helping them learn to become a Triple-Impact Competitor, impacting sport on three levels by improving oneself, teammates and the game as a whole (includes more than a dozen specific exercises for coaches to use with student-athletes, plus 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**

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.

## **SECOND-GOAL PARENT®: DEVELOPING WINNERS IN LIFE THROUGH SPORT**

Through videos featuring Phil Jackson, Doc Rivers, and Olympic Swimming Gold Medalist Summer Sanders, parents learn how to help their children get the most from youth sports, including tips and tools for to use in talking with kids on game day, developing a productive parent-coach relationship and becoming effective and positive supporters on the sidelines.

## **HONORING THE GAME: THE OFFICIAL’S ROLE IN CREATING A POSITIVE YOUTH SPORTS CULTURE**

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. Officials receive powerful tools to assist with specific officiating scenarios, drawing on best practices of officiating experts, such as Barry Mano, PCA National Advisory Board member and President of the National Association of Sports Officials.