

What it takes to become a coach

[Profession](#), [Teacher](#)



When I think of coaching I think of practice planning, game planning, scouting strategizing of offense and defense, choosing my starters, little things like that. All of those ideas are valid, but that's not the whole picture. There is a lot more to coaching than planning for a practice or a game. Many times a person who would like to coach an interschool athletic team has little or no preparation to teach sports skills and techniques. The only qualifications is often the person's participation on his or her high school, college, or university's team, coach of a community youth team or even perhaps as a professional player. While all that experience is valuable in one way or another, it does not constitute an adequate preparation for coaching an interschool team as an integral part of the school's physical education program. Regardless of the experience or teaching certificates a person may have, State Education Law, Article (6), Section 300lb, requires, " That a person employed as a coach of an interschool athletic team must hold valid first aid skills and knowledge certification (12 hours of initial training), and adult CPR certification (4 hour training). " Within the coaching profession there are three potential secondary school coaches: (1) a certified physical education teacher, (2) a teacher certified in an area other than physical education, (English, Mathematics), (3) holds no teaching certification and must qualify for a " Temporary Coaching License." A person not certified as a physical education teacher or a certified classroom teacher who qualifies under the, " Grandfather Clause," needs to understand the basic philosophy and principles of athletics in education. Required classes under the category of philosophy, principles, and organization of athletics in education are: Basic philosophy and principles as integral parts of physical education and general

education; state, local, and nation regulations and policies related to athletics; legal considerations; functions and organizations of leagues and athletics association; personal standards for the responsibilities the coach as an education leader; public relations; general safety procedures; general principles of school budget, records, and purchasing and use of facilities. A coach is responsible for many aspects of the game and players. This is why, basic philosophy and principles of athletics in education is so important. Coaches need to know the health related aspects of athletics because it is vitally important. Required classes to ensure that coaches know what to do are: Selected principles of biology, anatomy, physiology, kinesiology, psychology, and sociology related to coaching; human growth and development; safety; first aid and care of injuries; and training and conditioning of athletes. All coaches must be current in first aid prior to the first day of practice for the assigned sport. According to the Commissioner of Education in New York State University as stated in an interview through e-mail, " First-aid can be completed through various options like American Red Cross responding to emergencies; a state education department-approved course on health sciences applied to coaching; a state education department-approved college or university on athletics training or sport medicine; a state education department-approved in-service first aid course; a state education department-approved college first aid course; or equivalent experience attending clinics, workshops, courses or specific programs approved by the Commissioner of Education in that coach's state." Knowing the issues that come with safety and prevention is the most important. Every coach needs to take into consideration the fact that

anything can happen, and with a proper training and courses taken can help in quick reaction to any incident occurring. Knowing the health related aspects of athletics is something every coach has to have. The techniques used to coach a specific sport is the last big part of coaching. Many courses are offered for a person going into coaching, they are: (can include an internship in the specific sport under supervision of a master coach or director of physical education; history of interschool athletics; objectives, rules, regulations and policies, teaching methods; performance skills; technical information (strategy, offense, defense; etc); organization and management of practices; special training and conditioning of athletes in a specific sport; care and fitting of equipment (according to the sport); special safety precautions; and officiating methods. Officiating methods are important to both the coach and his or her players for the simple fact that if a coach doesn't know officiating (standard calls) he or she will not have an understanding of what is right or wrong. Strategy is a big part in coaching. A coach has a strategy for every part of the game offense and defense. Strategizing a good offense with a counter-part of a good defense will win games and help to build confidence in the players and coaches, it can't happen if that coach doesn't have the techniques used to coach a specific sport. Techniques are the second most important aspect of coaching. With coaching there are many different aspects of coaching...there are little complicated details of the game and then there are bigger important details, when all of the parts come together the big picture shows. Even with the three types of possibilities of coaches out there, the exploding demand in girls athletics, and an increase in the number of students participating in

both boys and girls athletics; it is causing and increase in the number of coaches needed. Well-trained coaches are vital to the success of a student's experience in sports and interscholastic athletic activities. This is why more people need to think about going into coaching. Improvement in coaching is a primary need identified by hundreds of principals, superintendents, and school board members. There are many concerns about the safety, training, organization, philosophy, communications, and general management in coaching. According to the California High School Coaching Education and Training Program as stated in the Coaching Education Legislature Assembly Bill No. 2741, " It is a conservative estimate that at least 25, 000 coaches annually need training and an orientation just to meet current coaching regulations contained in Title 5 of the California Code of Regulations, including basic safety and CPR requirements." That is why course techniques of coaching specific sports are necessary for a persons not trained and certified as a physical education teachers because they need to understand the basic philosophy and principles of athletics in education, know the health related aspects of athletics, and the techniques used to coach a specific sport. With every coach there are the little pieces of the game...strategy of offense and defense, practice/game planning, or scouting, but to get the whole picture they need to know the basic philosophy and principles, health aspects, and the obvious techniques.