



Coaching Sports in Middle School

Students ranging from 10 to 15 years old have a wide range of natural ability, learned skills and physical development. As a result the goal of the course, Coaching Sports in Middle School, is to provide coach education that recognizes that middle school sports should be developmentally appropriate for young adolescents. This course is designed for middle school coaches and administrators and was developed in partnership with the National Middle School Association. Coaching Sports in Middle School is based on the book, *Clearing the Hurdles: Issues and Answers in Middle School Sports* by C. Kenneth McEwin and John Swaim.

Unit 1: Introduction to Middle School Sports

- Perception of Middle School Sports
- Common Issues Summary
- Resource: Characteristics of Young Adolescents

Unit 2: Program Philosophy

- Assessing Current Program
- Developmental Considerations
- Intramural Sports & Interscholastic Sports
- Program Philosophy
- Resource: Middle School Sports Program Survey

Unit 3: Coaching Philosophy

- Coaching Assessment
- Coaching Philosophy
- Coaching Responsibilities & Duties
- Interpersonal Skills
- Managerial Skills
- Resources: 15 Tips for Dealing with Difficult Parents; Hosting Officials; Your Coaching Philosophy Worksheet

Unit 4: Coaching & Teaching Opportunities

- Tryouts
- Practices
- Basic Skills and Progressions
- Training and Conditioning
- Awards and Recognition
- Resources: Taking the Sting Out of Cuts; 5 Most Common Misconceptions Regarding Youth Resistance Training; Youth Resistance Training

Unit 5: Rules, Regulation & Risk Management

- Rules & Policies
- Risk Management
- Legal Liabilities
- Resources: Supervision Guidelines for Coaches, Middle School Sports Recommendations

Unit 6: Personal Assessment