



THE VALUE OF COACHING EDUCATION



COACHING EDUCATION AND CERTIFICATION – THE FOUNDATION OF A POSITIVE EXPERIENCE FOR YOUR ATHLETE

As the majority of youth sports coaches are volunteers, it should come as no surprise that only 5-10 percent of these coaches receive relevant training as it relates to the sport they are coaching. But you don't have to worry about that with our coaches. As a league committed to the Heads Up Football program, we realize the value in coaching education and here is why ...

1

CHILDREN PARTICIPATE IN SPORTS LONGER

Sports can play a tremendously positive role in developing athletes' lives and coaches are a large part of that. Athletes who play for a trained coach are actually less likely to dropout compared to those playing for an untrained coach.

2

INCREASES THE CHANCE OF A POSITIVE EXPERIENCE FOR YOUNG ATHLETES

As a parent, the experience your child has the moment they step into a practice or game setting is important. Studies show that coaches who received proper coaching education have a better understanding in establishing a fun-filled and stress-free experience that keeps kids engaged. Ultimately, the coach is the key that can make or break a child's experience in the sport they play.

3

CAN HELP REDUCE INJURIES ON THE FIELD

Coaches who have received proper coaching education and development are able to teach age-appropriate fundamentals, techniques and drills properly, effectively reducing the risk for your player. Coaching education makes safety the priority for your athlete's league.