



COACHSMARTNH

NEW HAMPSHIRE'S YOUTH SPORTS COACHING EDUCATION PROGRAM

Welcome to the **CoachSmartNH** Youth Sports Coaching Education Program.

CoachSmartNH is a **3 hour coaching education program** designed by the **University of New Hampshire** and supported and endorsed by the **New Hampshire Recreation and Park Association**. The program's objectives are to provide volunteer coaches with the tools, resources and support to **enhance coaching** effectiveness. CoachSmartNH is focused specifically on supporting the efforts of volunteer sport coaches. The Basic Program is **interactive** as well as informative, combining the latest in coaching effectiveness strategies with opportunities for **information sharing and discussion**.

The CoachSmartNH Basic Program consists of **four** main areas of concentration:

Developing a Coaching Philosophy

- Clarifying youth sport objectives
- Creating a youth sport philosophy
- Testing philosophy

Developing a Planning Approach

- Developing a season plan
- Components of effective practices
- Developing practice plans

Approaches to Teaching Sport Skills

- Strengths and drawbacks of drills and skills
- Implementing a "Games Approach" to practices
- Age and developmental considerations

Communication & Motivation Techniques

- Effective communication techniques
- Providing feedback
- Building credibility with athletes

Upon completion of the 3 hour CoachSmartNH Basic Program, participants will be enrolled in the **CoachSmartNH Registry of Volunteer Coaches**. Registered CoachSmartNH coaches will have access to **on-going support and resources**.

Questions about the CoachSmartNH Basic Program can be addressed to:

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