



## **COACHING STUDENT ATHLETES SERIES**

### **Training to Acquire Specific Skills**

**EDUO 9731 One Semester Unit**

**Instructors Dick Bach & Ernie Shaffer**

### **Course Description**

Developing athletic skills through effective planning is the focus of this class. Three learning stages and seven practice principles will be explored in the class as well as a positive approach in correcting errors.

**Required Textbook-*Successful Coaching***-4th Edition by Rainer Martens, Human Kinetics; 4 edition (February 17, 2012)

### **Course Objectives**

By the end of this course, the participants will have had the opportunity to:

- Develop successful daily, weekly and season plans.
- Examine the three stages of learning.
- Understand the difference between coaching to learn and coaching to perform.
- Understand and use the four steps in teaching a sport skill.
- Design practice sessions based on the seven practice principles recommended in the text.
- Understand and be able to use the positive approach in correcting errors during both practice sessions and games.

## Grading Rubric

<b>Exemplary A+-A-</b>	<b>Acceptable B+- B-</b>	<b>Unacceptable</b>
All <b>text book assignments</b> are complete and accurate.	All <b>text book assignments</b> are complete and accurate.	<b>Textbook assignments</b> are incomplete and/or contain inaccurate or inappropriate responses.
All <b>application assignments</b> are reflective, thoughtful, clearly identifiable and relevant.	All <b>application assignments</b> are complete, identifiable and relevant.	<b>Application assignments</b> are incomplete and/or irrelevant.
<b>Overall appearance</b> is very well organized and free of spelling and grammatical errors	<b>Overall appearance</b> is generally organized with limited spelling and grammatical errors.	<b>Overall appearance</b> shows little organization and has spelling and grammatical errors.

## Assignment

### 1. Planning

Read & study **pages 162-218** in the text.

Create a season plan, a weekly and daily plans to be used in your sport for the coming year. Do not view this as an exercise for the class, but as plans that you will use. Be sure to follow the models in the text.

**1a.** Season Plan

**1b.** Weekly Plans

### 1c. Daily Plans

## 2. Learning

Read & study **pages 164-167** in the text

**2a.** Describe the three stages of learning

**2b.** What is the basic difference between coaching to learn and coaching to perform?

**2c.** What impact will the information in the above have on your coaching program?

## 3. Skills

Read & study **pages 167-177** in your text.

Focus on a skill or a set of skills your athletes need to master in order to perform well in their sport. Show through your daily, weekly and season plans that you prepared in assignment 1, how you are going to teach the skill(s) in progression. **(Planning)** Be sure you illustrate the four steps in teaching a sport skill. **(page 167)**

**3a.** Daily

**3b.** Weekly

**3c.** Season

## 4. Practice

**4a.** During a typical practice, how will you use the seven different practice principles in the sport that you coach? **(page 172)**

**4b.** Give an example of a positive approach to correcting errors that you have or will use during a contest or practice with an athlete or athletes.

**4c.** Study the Teaching Evaluation Scale on **pages (212)**. How can you use this information to improve your coaching?

## 5. Your address

Because of your athletic skill planning reputation, your principal has asked you to give a short address to the faculty on planning and skill development and how they're is very little difference between the classroom and athletic field when it comes to skill planning.

Present an outline of your address

Since failing to plan is planning to fail and **you** plan to succeed--- these activities will become more than an assignment for a class. They will become an important element each day in your coaching career.

### Instructions for coursework submission:

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the bottom of the course page. You are allowed 9 months to complete the course. If you have questions about the course, you can reach your graders by email or phone.

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- For questions involving your registration, contact Steve Horning (shorning@dominicancaonline.com) or Karianne Pulli (kpulli@dominicancaonline.com) or see <http://dominicancaonline.com/faq.htm> for more information.

### COACHING STUDENT ATHLETES SERIES

EDUO 2720	Dealing with the Problem of Athletic Drug use
EDUO 9721	Developing a Code of Conduct Handbook
EDUO 9722	Developing Successful Life Skills through Athletics
EDUO 9723	Discovering your Coaching Style
EDUO 9724	Effective Communications
EDUO 9725	Good Teams and Character go Hand in Hand
EDUO 9726	Keeping it in Perspective - Make Every Kid Count
EDUO 9727	Managing your Athletic Program
EDUO 9728	Proper Nutrition & Athletic Performance
EDUO 9729	Team Bonding
EDUO 9730	The Legal Liabilities of Teaching/Coaching
EDUO 9731	Training to Acquire Specific Skills
EDUO 9732	Welcoming Diversity into Your Program

### ATHLETIC COACHING SERIES

EDUO 9703	Coaching is More than Xs and Os
EDUO 9704	Athletics-A Positive Path Through the Journey of Life
EDUO 9706	Creating a Healthy Lifestyle
EDUO 9707	Look Before you Leap
EDUO 9705	Let's Look at this Another Way

### REFLECTIVE READING EDUO 9000 – BOOKS THAT MAY INTEREST COACHES

Baseball's Great Experiment (Jackie Robinson	Jules Rygiel
Best Year Ever	Bill Cecil
Eleven Rings: the Soul of Success	Phil Jackson
The Essential Wooden	Steve Jamison
Inside Out Coaching	Joe Ehrmann
How Sports Can Transform Lives	Gregory Jordan
Open	Andre Agassi

