

CONNECTICUT STATE

DEPARTMENT OF

EDUCATION

COACHING COMPETENCIES

Coaching Competencies

- Competency 1. Demonstrates knowledge of human growth and development as it relates to the teaching/learning process.*
- 1.1 Prepare objectives that reflect the physical and motor development of the athletes.*
 - 1.2 Prepare objectives that reflect social and emotional development of an athlete.*
 - 1.3 Understands how physical, social, emotional and intellectual development relates to planning and organizing practice.*
 - 1.4 Knows about various coaching styles and learning styles and understands their interrelationship.*
 - 1.5 Recognizes the conditions and needs of special students.*
 - 1.6 Promote the equality of opportunity within the sport by encouraging participation regardless of race, gender, socioeconomic status or culture.*
 - 1.7 Understand how social, cultural and emotional forces interact in creating the personalities of the athletes.*
 - 1.8 Accept differences in personality as another necessary component in preparing athletes for competition.*
 - 1.9 Select specific drills and activities that allow athletes of various levels to experience success.*
 - 1.10 Use a variety of activities to help athletes of various levels of ability develop specific skills.*
 - 1.11 Recognize typical behaviors exhibited by athletes of various age groups.*
 - 1.12 Be aware of social-emotional issues that may effect athletes of different ages in contemporary society.*
 - 1.13 As needed, refer athletes with social and emotional problems to appropriate mental health personnel.*

Competency 2. *Helps students develop positive self-concepts.*

- 2.1 *Recognizes and understands the worth of all student-athletes and the opportunities that racial, cultural, sexual and religious diversity present.*
- 2.2 *Demonstrates sensitivity to and respect for the needs and feelings of themselves, others and property.*
- 2.3 *Demonstrates patience, empathy and enthusiasm.*
- 2.4 *Encourage athletes to be well-educated and to become well-rounded individuals.*
- 2.5 *Prepare a brief written statement of the ideas and principles guiding your coaching efforts: in this statement, reflect a concern for the emotional and physical health of your athletes.*
- 2.6 *Facilitates the independence of the student-athlete as a learner.*
- 2.7 *Recognizes and encourages the special interest and abilities of individual student-athletes.*
- 2.8 *Presents opportunities that foster thinking skills and problem-solving skills.*
- 2.9 *Promotes student-athletes ability to communicate effectively with others about ideas and concerns.*

Competency 3. *Effectively organizes time, space, material and equipment for instruction.*

- 3.1 *Establishes and maintains practices routines and procedures.*
- 3.2 *Uses instructional time effectively, paces instructional activities appropriately and maximizes student time on task.*
- 3.3 *Follow safety guidelines, procedures and risk management plans established by program administrators and /or required by the rules of operator.*
- 3.4 *Provide proper general and specific supervision of athletes.*
- 3.5 *Know the legal responsibilities of a coach and how to meet them.*

- Competency 4. Establishes a positive learning environment.*
- 4.1 Establishes and maintains appropriate behavior.*
 - 4.2 Develops an atmosphere which fosters self-discipline.*
 - 4.3 Promotes positive interpersonal relations based on mutual respect.*
 - 4.4 Handles discipline fairly and consistently.*
- Competency 5. Demonstrates a knowledge of the relationship of athletics to the American public school system.*
- 5.1 Know the governing bodies, rules and regulations concerning participation in the sport.*
 - 5.2 Properly complete all forms needed for validating the eligibility of athletes.*
 - 5.3 Understands how the organization of the state associations, districts and school has an impact upon the individual coach.*
 - 5.4 Understands the rights and responsibilities of students, parents, and teachers.*
 - 5.5 Understands athletics is a privilege and not a "right".*
- Competency 6. Effectively communicates with student-athletes, parents, officials, and media.*
- 6.1 Know the techniques of discipline and personnel management that are appropriate to the age of athletes being coached.*
 - 6.2 Know and apply steps for systematically instructing athletes as they progress developmentally in the skills of the sport.*
 - 6.3 Demonstrate the ability to communicate effectively.*
 - 6.4 Provides directions and explanations in a clear, coherent and logical manner.*
 - 6.5 Uses acceptable written and oral expressions with students, parents, officials and media.*

- 6.6 *Provides for two-way communication with student-athletes, parents, officials, media throughout program.*
- 6.7 *Establishes rapport and fosters positive reinforcement through verbal and non-verbal communications.*
- 6.8 *Communicates personal enthusiasm and self confidence.*
- 6.9 *Communicates expectations for student-athletes in a clear manner.*
- 6.10 *Communicates with student-athletes both individually and collectively about their needs and progress.*
- 6.11 *Establishes ongoing two-way communications with parents based on mutual respect.*
- 6.12 *Provides opportunities for parent and community involvement.*
- 6.13 *Obtains and uses information about students from parents.*
- 6.14 *Communicates goals and objectives for both program and students to parents.*
- 6.15 *Conducts effective parent-coach conferences.*
- 6.16 *Uses community resources in instruction.*

Competency 7. *Effectively assesses student needs and progress.*

- 7.1 *Selects appropriate procedures for assessing student-athlete's progress.*
- 7.2 *Recognizes when students are deficient in the basic skills and provides or recommends corrective action.*
- 7.3 *Creates or selects evaluation instruments or procedures to obtain information for monitoring student progress and effectiveness of instruction.*
- 7.4 *Develops and maintains systems for keeping group and individual records.*
- 7.5 *Help athletes prepare short and long-range goals for themselves and their team.*

7.6 *Prepare short and long-range goals.*

Competency 8. *Effectively meets the needs of exceptional student-athletes.*

8.1 *Obtains and uses information about student-athlete from available records.*

8.2 *Identifies students who require the assistance of specialists.*

8.3 *Obtains and uses information from colleagues to assist students with special needs.*

8.4 *Provides appropriate instruction to students with special needs.*

8.5 *Recognize typical behaviors exhibited by athlete of various age groups.*

8.6 *Be aware of social-emotional issues that may affect athletes of different ages in contemporary society.*

8.7 *As needed refer athletes to social and emotional health professionals.*

Competency 9. *Facilitates the independence of the student-athlete as a learner.*

9.1 *Recognizes and encourages the special interest and abilities of individual student-athletes.*

9.2 *Presents opportunities that foster thinking skills and problem-solving skills.*

9.3 *Promotes student-athletes ability to communicate effectively with others about ideas and concerns.*

Competency 10. *Meets professional responsibilities.*

10.1 *Demonstrates responsibilities for self-growth, professional improvement and ongoing self-evaluation.*

10.2 *Works cooperatively with colleagues and administrators.*

10.3 *Has knowledge of college requirements for athletes and assists in promoting.*

10.4 *Follows the policies and procedures of the Athletic Department.*

- 10.5 *Demonstrates ethical behavior.*
- 10.6 *Attend rules meetings offered by appropriate sanctioning groups in order to be informed of rules changes and interpretations.*
- 10.7 *Attend clinics, workshops and/or in-service education programs designed to obtain information necessary for coaching.*
- 10.8 *Document formal and informal continuing education as evidence of accumulated competence.*

Competency 11. *Recognize that proper conditioning and good health are vital to the prevention of athletic injuries.*

- 11.1 *Understand and be able to implement the different types of muscular training (interval, circuit and weight training) as they relate to athletics.*
- 11.2 *Plan activities designed to develop those elements of total conditioning required by the sport.*
- 11.3 *Know how skill instruction, conditioning, preventative care and coaching decisions influence the injury rate of athletes.*
- 11.4 *Demonstrate an awareness of performance enhancers and chemical abuse by athletes.*
- 11.5 *Know and be able to apply standard management procedures designed to minimize exposure to blood borne pathogens. (BBPs).*
- 11.6 *Allow athletes the time to recover fully from injury before returning to play.*
- 11.7 *Require injured athletes to follow through with a conditioning regimen prepared by medical personnel.*