



The Complete Coach

A Course for Holistic Coach Development

Chapter 1 - Welcome to The Complete Coach:

- Welcome to the Course
- The Role of a School Sports Coach
- Support & Technical Queries
- Resource Downloads

Core Curriculum

Chapter 2 - Key Preparation Skills

- Introduction
- How to Set Goals for your Campaign
- How to Prepare for a Training Session
- How to Prepare for Competition and Tournaments
- How to Build a Healthy Team Culture
- The Basics of Managing Parent Relationships
- The Importance of Poolside Conduct
- Ethical Considerations to be aware of

Chapter 3 - Key Mental Skills to teach Athletes

- Introduction
- Ready to Perform: Game-Day Preparation
- Building Confidence
- Managing Self-Talk
- How to Manage Nerves and Anxiety
- How to Fuel Motivation

Chapter 4 - Key Contextual Components

- Introduction
- The Importance of Transformation in the South African schools context
- The Importance of Safe-guarding in the South African schools context
- The Importance of Diversity and Inclusion in the South African context

Advanced Curriculum

Chapter 5 - Advanced Preparation Skills

- Introduction
- How to Periodise your Performance Season
- Running an Advanced Training Session
- How to Deal with Conflict
- How to build effective Parent-Coach Relationships
- How to build effective Coach-Referee Relationships
- Challenging Ethical Scenarios and how to manage them

Chapter 6 - Advanced Mental Skills to Teach Athletes

- Introduction
- Developing players with Strong Identity
- Nurturing a Sense of Purpose for the Athlete
- Creating a Vision for Athlete Development
- Making Effective Commitments
- How to Focus on Process and Not Results

Chapter 7 - Key Contextual Components

- Introduction
- How to Manage Tight Games
- How to Preserve a Lead
- How to Chase a Lead
- How to Manage your Bench Effectively