



Kentucky High School Athletic Association

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Coaching Education Program Information

Both novice and experienced coaches who have had little formal coaching education will find this course excellent for help with coaching 14- to 19-year-old athletes. It combines the practical expertise of veteran coaches with the latest important findings of sport scientists.

The KHSAA has adopted the program of studies from the National Federation of High School Associations to deliver this requirement to the member school coaches. The NFHS Fundamentals of Coaching Course teaches coaches how to keep winning in perspective, develop a functional coaching philosophy, communicate well with their athletes, motivate athletes, teach skills effectively, develop a physical training program, guide athletes to better nutrition, and reduce injuries by managing risk better. Coaches learn to effectively manage equipment, facilities, schedules, and other team logistics.

This Fundamentals of Coaching Course is presented online at the NFHS website

www.nfhslearn.com