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Courses - Coaches

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## ACL Injury Prevention

Every season, ACL injuries take thousands of students out of the game. To help you reduce the risk of ACL injuries for your student-athletes, the NFHS has partnered with the Hospital for Special Surgery to bring you this course.



This course is designed to teach you about the causes of ACL injury, how to identify and correct movement deficiencies that can lead to ACL injuries, and how to effectively lead a Neurodynamic Warm-Up before practices and games.

## Afterschool Security

Creating a safe school environment for afterschool activities is everyone's responsibility. Events and news stories across the country have helped to heighten concerns among educators and parents about school safety. This important course presents practical strategies for developing and implementing a school safety team and an afterschool activities supervision plan.

## Appearance and Performance Enhancing Drugs and Substances

The use of Appearance and Performance Enhancing Drugs and Substances, or APEDS, affects every school. To help the interscholastic community address this issue, the NFHS has created this APEDS course. The course explains what APEDS are, what forms they take, and what their effects can be on students. It highlights the reasons why students use APEDS in and out of athletics and gives guidance and resources for detecting and preventing the use of APEDS. No matter what your relationship is to high school activities, this information will be beneficial to you.

## Bullying, Hazing and Inappropriate Behaviors

Protecting students doesn't happen just on the court or on the field. More and more, news media and criminal investigations are documenting examples of inappropriate relationships, sexual harassment, hazing, and bullying. In a fast-growing world of electronic and social media, these issues are becoming more prevalent and, in some cases, more severe. That is why the National Federation of State High School Associations has developed the course Bullying, Hazing, and Inappropriate Behaviors. This course takes a hard look at these difficult issues and provides recommendations and procedures that coaches should follow to protect their students, their program, and themselves.





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## Concussion in Sports

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course.

## Engaging Effectively With Parents

Engaging Effectively with Parents, provides a unique student-centered curriculum and presents essential techniques and methods for coaches to effectively communicate and interact with students, parents and guardians. This course features specific guidance for speaking, listening, and implementing a communication system, and provides strategies for dealing with problematic parents and guardians. The course provides many printable resources coaches can use in their programs.



## First Aid, Health and Safety

There may be no more critical element in the ability of interscholastic students to participate in activities than their health and safety. This is why the NFHS has partnered with the American Red Cross to bring you First Aid, Health and Safety. This online course is designed as an overview of first aid, including best practices for many situations requiring medical attention. The skills taught in this course do not replace the expertise of a medical professional but they do offer guidelines and techniques for temporary assistance until medical experts arrive on the scene. And because accidents or injuries can happen anywhere, not all of the knowledge and skills you will learn in this course are strictly for athletic injuries. They may also be used to aid officials, fellow coaches, and spectators who become injured or fall ill.



## Fundamentals of Coaching

This NFHS Fundamentals of Coaching course provides a unique student-centered curriculum for interscholastic teacher/coaches, assisting them in creating a healthy and age-appropriate athletic experience that supports the educational mission of our nation's schools. Please check with your state association to see if this course complies with your state requirements. Upon purchase, an individual will have access to the course for one year.





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## Football Tackling

Football is a physical game. Proper tackling skills and technique can help minimize the risk associated with the sport.

The NFHS has developed this free course, Football Tackling, with support from national football experts, including high school football coaches and administrators.

The videos and other resources in this course will help you teach, evaluate and program tackling for your team. You will be introduced to common types of tackles, the fundamentals that help create a more effective and safer tackle, and the basics of equipment fitting. You will discover methods for programming and managing the learning process and important issues of contact load will be addressed, including intensity and impact during drills.

## Heat Illness Prevention

Exertional Heat Stroke is the leading cause of preventable death in high school athletics. To help you minimize the risk of heat illness at your school, this course has designed to provide the fundamentals of a strong heat acclimatization plan and guidelines for limiting activities to account for changing environmental conditions and other contributing risk factors. It highlights the importance of an appropriate hydration plan and establishing an Emergency Action Plan in case of a suspected exertional heat stroke.

## Implicit Bias

Implicit biases are the automatic reactions we have toward other people based on our past learning and expectations. Studies show that Implicit Bias affects the experiences of students in school athletic and activity programs. The NFHS has partnered with Project Implicit to bring you this course, Implicit Bias. Studies support that there is a relationship between implicit bias and real-world behavior, which highlights the importance of being aware of and managing your bias. This course defines and illustrates examples of Implicit Bias and provides research on how it impacts our society.



## Introduction to Pitch Smart

Hosted by Hall of Famer, John Smoltz, the Introduction to Pitch Smart course aims to explain the principles behind Pitch Smart, a joint arm care initiative between Major League Baseball and USA Baseball. This course includes topics such as risks of arm injuries, common misconceptions, and the Pitch Smart guidelines.



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## Mental Training for Performance

An introduction to fundamental mental skills techniques developed by United States Olympic Committee (USOC) sport psychologists. Learn how to sharpen your athletes' mental game to impact performance and gain a competitive edge.

## NCAA Eligibility

This course is designed to educate high school coaches, administrators, and parents about the NCAA's initial-eligibility requirements. After completing the course, you will be more knowledgeable and prepared to advise your student-athletes about the NCAA initial-eligibility standards, as well as the steps student-athletes need to complete in order to compete in NCAA Divisions I and II athletics.

## Protecting Students from Abuse

Abusive behaviors and misconduct do not belong within athletic and activity programs. To assist in creating an enjoyable and safe environment for students, the U.S. Center for SafeSport, in collaboration with the NFHS, has developed "Protecting Students from Abuse." The course presents definitions of several types of abusive behaviors and misconduct, the signs and symptoms of abuse, and the ways in which someone can report these behaviors. The course also includes some DOs and DON'Ts for making a report.



## Social Media

Through the use of social media, everyone now has the ability to be a mass communicator. This has greatly impacted the sports industry, including high school sports and activities. This course is designed to assist you in setting clear boundaries and guidelines for your students' responsible social media usage. It will help you in turning social media into a positive experience for both you and your students by framing social media as a tool that you can use to promote your program and your personal brand. Taking this course will help you stop fighting social media, and instead use it to positively impact your students and your organization.

## Sportsmanship

The NFHS developed this free course to give you a better understanding of sportsmanship, how it impacts the educational process and identifies your specific role in modeling it at all interscholastic athletic events. Insight is shared throughout the course from fans, players, parents, teacher-coaches and officials. This course will help provide schools a more positive game environment.



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## Sports Nutrition

Proper nutrition is key to optimizing health and athletic performance. This course presents guidelines for the diet needed to be ready for athletic practice and competition, and how to refuel afterwards. It gives tips on how you can influence your students' eating habits outside of the school environment. Specific examples are provided for what types of foods students should and should not eat to replenish their bodies between activities.



## Strength and Conditioning

Strength and Conditioning, developed by the National Strength and Conditioning Association in partnership with the NFHS, is designed for any individual who has responsibility for weight room supervision and conditioning programs. The course presents the principles of conditioning and includes in-depth explanations of best practices and more than 80 videos demonstrating proper techniques.

## Student Mental Health and Suicide Prevention

It's widely known that stress, anxiety and depression create challenges for both society and individuals, including interscholastic students. And severe conditions can lead to the worst outcomes, such as suicide. The NFHS is proud to bring you this course on Student Mental Health and Suicide Prevention in response to this reality. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources. For students, their peers and anyone responsible for their care and well-being, take the course Student Mental Health and Suicide Prevention.

## Sudden Cardiac Arrest

Sudden Cardiac Arrest is the number one cause of death in the United States for student-athletes during exercise. Caused by a structural or electrical problem associated with the heart, Sudden Cardiac Arrest happens when the heart unexpectedly stops beating and pumping blood. This is why the National Federation of State High School Associations, in partnership with Simon's Heart, has developed the course Sudden Cardiac Arrest. This course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest. Also included are guidelines for what to do in the critical moments after an individual suddenly collapses in order to save their life, such as calling 9-1-1, starting chest compressions and sending for an AED. So take the free course, Sudden Cardiac Arrest, available on the NFHS Learning Center.





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## Teaching and Modeling Behavior

Teaching and modeling appropriate behavior is key in developing a positive environment for you and your students.

To help you serve as a role model to your students, fans, parents and community, the NFHS has developed Teaching and Modeling Behavior. This online course helps you to learn ways to teach and demonstrate appropriate behavior, as well as the value of sportsmanship. It gives you tips for how to deal with certain situations you will face before, during, and even after the season ends.

Throughout the course, there will be several examples that will test your students' reactions to certain situations, as well as serving as a guide for you, as a coach, to be proactive when confronting inappropriate behaviors.

## Teaching Sport Skills

Teaching Sports Skills, based on the National Standards for Sport Coaches, provides the teacher/coach with information needed for successful teaching methods. Successful coaching and successful teaching share many characteristics in their approaches and results. This course provides education for those individuals who have not had training in how to teach sports skills.

## The Collapsed Athlete

High school coaches know the importance of preparation. You spend hours developing practice and game plans. You work tirelessly to perfect performance all in an effort to help your students excel in their sport or activity and in life.

Every year high school students endure serious injuries and suffer life-threatening medical emergencies while participating in sports and activities. The causes are many and varied. Some may result from known medical conditions, while others may be a consequence of the activity, environmental conditions, or an unrecognized medical condition.

The bottom line, when you witness the collapse of an athlete, you may be responsible for their immediate and appropriate care. But what do you do? Who do you call? Where do you start?

This course will teach you the importance of developing Emergency Action Plans and practicing them, including assigning responsibilities to team members. You'll discover the three H's; HEART, HEAT and HEAD and their relationship to potentially fatal injuries and illnesses. When your athlete collapses and you need to act, you will know an action plan designed to take you step by step through the process of helping the collapsed athlete. You will be prepared when any emergency arises.



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## Title IX

Over 3.4 million girls participate in High School Athletics every year. This participation is fueled by the flagship legislation for girls' participation, Title IX. The NFHS has developed this Title IX course to help interscholastic professionals know the history and impact of Title IX and understand the responsibilities of a school and staff pertaining to girls athletic programs. This course discusses the standards at which Title IX compliance is evaluated and breaks down the factors involved in supporting girls programs.



## Understanding Copyright and Compliance

This helpful course explains what copyright means and when there may be exceptions. It discusses Fair Use, when a piece of music might be in the Public Domain, copyright infringement penalties and much more. And this unique course has been designed for your specific needs whether you are a Music Teacher, Spirit Coach, School Administrator, Theatre Director or Speech and Debate Coach.

## Understanding Vaping and E-Cigarettes

Vaping is the act of inhaling an aerosol created by an e-cigarette or similar device. The term "vaping" misleads the user into thinking they are inhaling a vapor and something potentially safe or at least harmless. This is just one reason why the NFHS, with support from the Office of the U.S. Surgeon General, has created Understanding Vaping and E-cigarettes. This course helps dispel such misconceptions and highlights specific risks such as nicotine addiction for youth who try vaping and e-cigarettes.



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## Coaching Baseball

This course, developed by USA Baseball along with the NFHS, teaches the basic skills of throwing and catching, offensive skills, overview of each position's role, good team defensive tactics, how to develop a practice plan, and additional coaching tips that you can use to teach and help improve your team. Hosted by George Grande, Cincinnati Reds announcer, the skills presented in this course are demonstrated by the Washington Nationals players and coaches. Drills and skills are provided by Darrel Don, a high school coach in the Orlando area and a USA Baseball National Team coach.

## Coaching Basketball

Hosted by Clark Kellogg of CBS Sports, this course includes content developed by 2009 USA Basketball Developmental Coach of the Year and 2013 USOC National Development COY, Don Showalter of Iowa. This course teaches basic and advanced skills in offense and defense; guides in developing a student-appropriate coaching philosophy and provides effective communication strategies. Many top college and professional coaches provide important "Coaching Wisdom" as a bonus feature.

## Coaching Boys Lacrosse

Coaching Boys Lacrosse, developed by US Lacrosse (USL) in partnership with the NFHS, presents the history of lacrosse and demonstrates how to teach and coach the skills and tactics of the sport. Members of USL pay just \$15 for this course as an added member benefit.

## Coaching Cross Country

Cross Country is a demanding sport requiring great fitness, endurance and a driving desire to compete. It is also a team sport that is won or lost by individuals racing against others and against themselves. To help coaches meet the demands of the sport, the NFHS has partnered with USA Track and Field to develop Coaching Cross Country.

Here, you will learn how to develop a training plan, delve into the psychology and mental toughness of long distance runners, discover how to identify, treat and prevent common injuries and much more.





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## Coaching Diving

Developed in association with the National Interscholastic Swim Coaches Association and USA Diving, this course assists athletes with learning and coaches with teaching the introductory skills of diving. This valuable course also showcases useful drills and diving progressions, while also reviewing critical diving safety information. A great deal of success for divers comes from confidence, a skill that can be developed and nurtured by a dedicated teacher/coach. If you teach and coach high school divers or supervise those who do, you need to take the course Coaching Diving.

## Coaching Field Hockey

Field Hockey, known simply as 'hockey' outside of the USA, is one of the most popular team sports in the world. It's a fun sport to play, coach, umpire and watch and it's growing throughout the world. Field Hockey is a sport for life for men and women of all ages. These are just some of the reasons the NFHS has partnered with USA Field Hockey to develop and offer Coaching Field Hockey for interscholastic students. This interactive course covers the skills, techniques and tactics necessary for individual and team development. If you coach Field Hockey or supervise those who do, you need to take Coaching Field Hockey. The NFHS & USA Field Hockey also offer an online course Coaching Field Hockey: Goalkeeping. Both courses are available at NFHSLearn.com.

## Coaching Field Hockey: Goalkeeping

In field hockey, the goalkeeper is literally the last line of defense. The skills, techniques and tactics of playing the position require effective and supportive teaching and training. That's why the NFHS, in partnership with USA Field Hockey, is proud to bring you the course Coaching Field Hockey: Goalkeeping. Here, you'll find interactive instruction on proper equipment and how to wear it, principles of positioning, kicking the ball, diving for saves, effective communication and much more. If you coach field hockey goalkeepers or supervise those who do, then you should take Coaching Field Hockey: Goalkeeping, available at NFHSLearn.com.

## Coaching Football

Coaching Football developed by USA Football in partnership with the NFHS, provides a student-centered curriculum in essential football coaching techniques and methods for interscholastic teacher/coaches. This course provides demonstration and teaching tips for each offensive and defensive position and shares practical methods for increasing student participation through effective feedback and stress reduction.



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## Coaching Girls Lacrosse

Coaching Girls Lacrosse, developed by US Lacrosse (USL) in partnership with NFHS, presents the history of lacrosse and demonstrates how to teach and coach the skills and tactics of the sport. Members of USL pay just \$15 for this course as an added member benefit.

## Coaching Golf

In partnership with the PGA of America, Coaching Golf teaches the rules and etiquette of the game, as well as fundamental techniques, including full swing, iron play, putting and effective practices. This course is hosted by Todd Anderson of Sea Island, Georgia, one of the top teaching golf professionals in America.

## Coaching Pole Vault

This course has been designed to help both coaches and athletes. Coaches will learn to develop and teach the introductory skills of pole vaulting to your students. After completing this course each participant will have a better understanding of the fundamentals of pole vaulting, as well as the best practices and techniques that will help educate and promote safety in the sport.

## Coaching Soccer

Coaching Soccer, developed by the United Soccer Coaches in partnership with the NFHS, provides a unique student-centered curriculum on essential soccer coaching techniques and methods for interscholastic teacher/coaches. This course also shares practical methods for increasing student participation through effective feedback and stress reduction.

## Coaching Softball

In this course, Mike Candrea, former head coach of the USA Softball Women's National team who has more than 30 years of experience coaching softball, explains the basic skills of throwing and catching, offensive skills, overview of each position's role, team defensive tactics, practice plan development, and additional coaching tips that coaches can use to teach and help improve their softball teams.

## Coaching Swimming

Coaching Swimming was developed by the NFHS and the National Interscholastic Swim Coaches Association of America (NISCA). This course teaches the basic skills of the four competitive strokes, and also includes starts, turns and finishes. It also provides material on how to best administer a successful swimming program.



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## Coaching Tennis

Coaching Tennis, developed by the NFHS in partnership with the United States Tennis Association, is an online course that provides a student-centered curriculum in tennis coaching techniques and methods for interscholastic teacher/coaches. Coaching Tennis for High School covers the court from coaching styles and developing your coaching philosophy to managing your team and your practices.

Skill acquisition, tactics and positioning, and competition and match play are also included. You will also get bonus resources like fun games you can teach your players that develop and improve their skills and help build team unity.

## Coaching Track and Field

Coaching Track and Field, developed by USA Track and Field and the NFHS is hosted by decorated Olympic athletes Dan O'Brien and Hyleas Fountain. The course presents the fundamentals of running, jumping and throwing, as well as the importance of sound mechanics and how to teach these basic skills. After taking this course, you will be able to identify key points or stages of a skill, and use visual demonstrations with verbal cues to help participants execute a particular technique or skill. Members of USA Track and Field will receive a \$10 discount as an added benefit.

## Coaching Volleyball

Coaching Volleyball, developed by the NFHS in partnership with USA Volleyball and the American Volleyball Coaches Association, provides basic information about designing practice sessions, technical skills, rotational systems, serving and receiving organizational concepts, defensive systems, blocking options, team selections, and rules and match management. Video demonstration of all volleyball skills and drills are provided as an integral part of the course.

## Coaching Wrestling

Coaching Wrestling, developed by NFHS in partnership with the National Wrestling Coaches Association, provides a unique student-centered curriculum on essential wrestling coaching techniques and methods for interscholastic teacher/coaches. This course also shares practical methods for increasing student participation through effective feedback and stress reduction.