

HOT TOPICS IN COACHING: 14 New

Coaching resources highlights to help sta

- ViaSport

The ViaSport website offers users access to a resource bank of coaching tools, codes of conduct, publications, books and website links researched and recommended by our BC coaching experts. From these resources, ViaSport has taken some time to highlight some of the “hot topic areas” we’d like share with coaches as a means to help get the 2014 year started on the right foot.

Read through some of our suggestions to find out how you can apply some of these resources to your own coaching practice!



Encourage athletes to approach you with cases of bullying and violent or abusive behavior. Also, make it known to your athletes that you will not accept any forms of bullying under your supervision and outline the consequences that will apply. To make this successful, you must lead by practising and reinforcing positive behavior.

#3 take a works hop or watch a webinar on **concussion management** so I can prevent, identify, respond and treat sport related concussions.

Concussion management has become an important area of debate, specifically in contact sports and when working with youth. It is extremely important that you learn the precautions to take in your sport.

#4 learn about my sport or club's **insurance policy** and claim procedures.

Participants, managers, coaches,

executives and field officials should all be covered under an insurance plan during competition. Whether negotiated by the club or governing sport body, make sure to be aware of your liabilities and the details and restrictions of the insurance plan.

#5 follow the **Long Term Athlete Development (LTAD)** pathway for my sport when delivering my programs.

I will recognize the importance of the Canadian Sport for Life (CS4L) model in developing top-rank athletes as well as increasing overall participation in sport through a lifetime. Fundamental movement skills are just as important as sport specific skills when developing athletes.

In 2014 I will...

#1 practice and teach **fair play** for all athletes that I coach.

In accordance to the Coaches BC Fair Play code, coaches should ensure all athletes get equal instruction, support and playing time. Favouritism can cause tension between athletes and disrupt a healthy team dynamic.

#2 educate myself on **bullying prevention in sport** so I can teach my athletes about the verbal, social, and physical bullying that can occur on the playing field.

Year's Resolutions for 2014

Start your New Year off on the right foot

Staff

#6 research common injuries in my sport and implement **preventative training measures** during practices and competition.

Running warm-up and cool-down drills specific to the muscle groups used in your sport will help to prevent injuries during training and competition. Generic warm-ups and cool-downs are better used when coaching generic exercise sessions.

#7 recognize the **signs of burnout** and take appropriate action with my athletes to ensure it doesn't lead to injury.

Many athletes, especially children and teens, will play more than one sport at a time. Make sure you pay attention to athlete burnout and give them enough time to rest and heal between practice sessions and competition.

#8 explore new forms of **technology** to better my coaching practices.

There are hundreds of apps for your phone, tablet or computer that supplement standard coaching techniques. Start with a video analysis app to record your athlete's competition and then play it back during training to help show them areas of improvement.

#9 encourage my athletes to keep up with the latest **sport nutrition** practices to optimize health and performance.

Lead by example with your own nutrition practices and encourage your athletes to do the same. When playing in long competitions, encourage your athletes to bring protein snacks and electrolyte drinks to optimize performance.

#10 be inclusive of athletes of varying **physical or cognitive abilities**.

It is important to communicate and engage in dialogue with your athletes when coaching varying levels of physical or cognitive ability. Find out the boundaries of play for each athlete and learn the best ways to support their participation and inclusion in the group.

#11 treat both **male and female athletes with equal respect** when coaching co-ed groups.

It is important to recognize the difference in body

composition and physical ability between males and females, but also to recognize that both sexes can have equal capabilities in skill and technique. Be flexible but show equality when coaching these groups together.

#12 teach the importance of **team respect** and how to show appreciation and support for one's team mates.

A cohesive team that works together cannot be built in one day. It is a process of familiarization and trust that occurs in stages over time. Try organizing team bonding activities off the playing field to bring your athletes closer together on a personal level of understanding.

#13 promote the **proper use of safety apparel and equipment**.

Equipment such as helmets, body pads and guards, cleats, joint braces and other safety apparel is required for many sports. This type of equipment should be inspected and worn properly by all athletes to follow regulations and avoid serious injury.

#14 familiarize myself with the **World Anti-Doping Code** to learn about the health consequences and policies around doping in my sport.

Make it clear to your athletes that doping is unacceptable under your leadership and outline the consequences that will occur as a result. Direct your athletes to the Canadian Centre for Ethics in Sport (CCES) so they can familiarize themselves with the current list of prohibited substances.

To learn more about each of the above topic areas and others, visit www.viasport.ca/resources-coaches-bc.

In the spring of 2014, ViaSport will incorporate these resources into a new website which will be launched to cater to coaches, athletes, officials and other user groups in the BC sport sector. To learn more about this new website, flip to Notes from the Communications Team on page 19. 

*Happy New Year and best wishes
for 2014 from the Via Sport Team*