

# Theory and Techniques of Coaching

*TST BOCES Adult Education is offering an in-service program for coaches in K-12 sports programs. Three courses are required by the NYS Education Department for non-certified physical education teachers and coaches: 1.) Health Sciences Applied to Coaching, 2.) Philosophy, Principles, and Organization of Athletics in Education and 3.) Theory and Techniques of Coaching. TST BOCES will be offering these classes over a two year cycle.*

## Theory and Techniques of Coaching Class

This class covers the commonalities of all sports: history, objectives, rules, regulations, management and methods of developing, training and conditioning athletes for any sport. Following the ten-session classroom program, you will spend 12 hours (part II) with two local coaches learning about coaching a specific sport. Dates and times for (Part II) will be arranged at a mutual concenience.

**Instructor John McNally** is the Physical Education Teacher at Boynton Middle School and an Assistant Baseball Coach at Ithaca College.

**Pre-Registration Required**