NASPE Coaching Standards

National Standards for Sport Coaches

Domain 1 - Philosophy and Ethics

- **Standard 1** - Develop and implement an athlete-centered coaching philosophy.
- **Standard 2** - Identify, model, and teach positive values learned through sport participation.
- **Standard 3** - Teach and reinforce responsible personal, social, and ethical behavior of all people involved in the sport program.
- **Standard 4** - Demonstrate ethical conduct in all facets of the sport program.

Domain 2 - Safety and Injury Prevention

- **Standard 5** - Prevent injuries by providing safe facility.
- **Standard 6** - Ensure that all necessary protective equipment is available, properly fitted, and used appropriately.
- **Standard 7** - Monitor environmental conditions and modify participation as needed to ensure the health and safety of participants.
- **Standard 8** - Identify physical conditions that predispose athletes to injuries.
- **Standard 9** - Recognize injuries and provide immediate and appropriate care.
- **Standard 10** - Facilitate a coordinated sports health care program of prevention, care, and management of injuries.
- **Standard 11** - Identify and address the psychological implications of injury.

Domain 3 - Physical Conditioning

- **Standard 12** - Design programs of training, conditioning, and recovery that properly utilize exercise physiology and biomechanical principles.
- **Standard 13** - Teach and encourage proper nutrition for optimal physical and mental performance and overall good health.
- **Standard 14** - Be an advocate for drug-free sport participation and provide accurate information about drugs and supplements.
- **Standard 15** - Plan conditioning programs to help athletes return to full participation following injury.

Domain 4 - Growth and Development

- **Standard 16** - Apply knowledge of how developmental change influences the learning and performance of sport skills.
- **Standard 17** - Facilitate the social and emotional growth of athletes by supporting a positive sport experience and lifelong participation in physical activity.
- **Standard 18** - Provide athletes with responsibility and leadership opportunities as they mature.

Domain 5 - Teaching and Communication
• **Standard 19** - Provide a positive learning environment that is appropriate to the characteristics of the athletes and goals of the program.
• **Standard 20** - Develop and monitor goals for the athletes and program.
• **Standard 21** - Organize practice based on a seasonal or annual practice plan to maintain motivation, manage fatigue, and allow for peak performance at the appropriate time.
• **Standard 22** - Plan and implement daily practice activities that maximize time on task and available resources.
• **Standard 23** - Utilize appropriate instructional strategies to facilitate athlete development and performance.
• **Standard 24** - Teach and incorporate mental skills to enhance performance and reduce sport anxiety.
• **Standard 25** - Use effective communication skills to enhance individual learning, group success, and enjoyment in the sport experience.
• **Standard 26** - Demonstrate and utilize appropriate and effective motivational techniques to enhance athlete performance and satisfaction.

**Domain 6 - Sport Skills and Tactics**

• **Standard 27** - Know the skills, elements of skill combinations, and techniques associated with the sport being coached.
• **Standard 28** - Identify, develop, and apply competitive sport strategies and specific tactics appropriate for the age and skill levels of the participating athletes.
• **Standard 29** - Use scouting methods for planning practices, game preparation, and game analysis.

**Domain 7 - Organization and Administration**

• **Standard 30** - Demonstrate efficiency in contest management.
• **Standard 31** - Be involved in public relation activities for the sport program.
• **Standard 32** - Manage human resources for the program.
• **Standard 33** - Manage fiscal resources for the program.
• **Standard 34** - Facilitate planning, implementation, and documentation of the emergency action plan.
• **Standard 35** - Manage all information, documents, and records for the program.
• **Standard 36** - Fulfill all legal responsibilities and risk management procedures associated with coaching.

**Domain 8 - Evaluation**

• **Standard 37** - Implement effective evaluation techniques for team performance in relation to established goals.
• **Standard 38** - Use a variety of strategies to evaluate athlete motivation and individual performance as they relate to season objectives and goals.
• **Standard 39** - Utilize an effective and objective process for evaluation of athletes in order to assign roles or positions and establish individual goals.
• **Standard 40** - Utilize an objective and effective process for evaluation of self and staff.