COMMON COURSE OUTLINE: Course discipline/number/title: PHED 2272: Techniques of Coaching Football

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): PHED 2261, PHED 2271 and College level reading.
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course is designed to expose students to different approaches and strategies of coaching. It will teach prospective coaches the tactical skills to effectively break down complex sport movement into teachable basic fundamentals. Other areas that will be covered include how to effectively teach, evaluate and prepare athletes in all aspects of competition; how to plan and execute practices, as well as, season goals and plans and how to develop the prospective coach’s own style and methods.

B. DATE LAST REVISED (Month, year): April, 2009

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Examine different approaches to coaching football
2. Develop a season plan and a series of practice plans
3. Refine the ability to coach during games
4. Evaluate technical and tactical football skills in your players and make use of your evaluation results
5. Teach, critique, and correct essential technical skills
6. Preparation for effective season plans and individual practice plans
7. Preparation for competition, and evaluation techniques using film breakdown

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Develop practical experience in the area of coaching football.
2. Evaluate technical and tactical football skills of individual players and make utilize evaluation results to enhance performance.
3. Teach, critique, and correct essential tactical skills.
4. Teach critique, and correct essential tactical skills.
5. Practical application for preparation of:
   a) Student athletes in the area of effective skill breakdown for teaching purposes
   b) Prepare effective team practice schedules, game plans, season plans and individual practice plans.
   c) Prepare for game days, coach games, and work with your team after games.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Class participation
2. Group discussion
3. Completion of Daily Class Assignments
4. Quizzes/Exams
5. Written Evaluations
6. Practical illustration of technical techniques.
7. Written evaluation of theories, planning capabilities and player/team evaluations.
8. Written evaluations of assigned video tape breakdown of skill or competition situation.

G. SPECIAL INFORMATION (if any):
A Techniques Of Coaching (a specific sport) course is a requirement of the Minnesota State High School League for completion of the Coaching Principles Program to coach a varsity level sport without an earned Bachelor’s Degree in Education. The MSHSL strongly recommends completion of this program in addition to a Bachelor’s Degree in Education.