



Double-Goal Coach™ (2 hours each)

Coaching for Winning and Life Lessons

This workshop introduces PCA's Double-Goal Coach™ model and provides an in depth review of the three Principles around which it is built:

- Honor the Game
- Fill Emotional Tanks
- Redefine "Winner"

Supporting research is presented from experts in coaching, education and sports psychology. Every participant gains access to dozens of practical, proven tools to increase success during their next practice or competition.

Culture, Practices and Games

Some teams have fun, work hard and achieve great things. Most do not. This interactive workshop shows how great coaches build a culture that calls forth the best in people, including:

- Elements of team culture that encourage athletes to give 100% effort and strive for excellence
- "10-step Guide" to productive practice sessions that reinforce team culture and maximize results, even with the time constraints many coaches face
- The Art of Game Coaching

Coaching the Mental Game

All athletes experience anxiety under competitive pressure. Some rise to the occasion and perform at their best, but many wither. This interactive workshop provides proven, practical tools for coaches to build self-confidence in their players by discussing the following topics:

- Characteristics of great competitors
- "The High Road Framework" for helping athletes view pressure as a privilege
- Off-field tools to prepare for competition
- On-field tools that can be used in the heat of competition to maintain and regain focus

Developing Competitors – A workshop for HS Coaches

This workshop is designed especially for high school-level coaches who are determined to help athletes make the journey from sports "participant" to true "competitor."

A Double-Goal Coach understands that a true competitor is someone who is always striving to make himself/herself better and who is more ready to compete the next play.

Benefits include a dozen specific exercises for coaches to help student-athletes improve:

- THEMSELVES
- THEIR TEAMMATES
- THE GAME



Leading Your Organization (2 hours)

A Strong **ORGANIZATIONAL** Culture results in positive **TEAM** Cultures.
Topics include:

- Leadership and Culture Shaping
- Elements of a Positive Coaching Culture
- Developing and Maintaining a Positive Culture
- Structural Pillars for maintaining a Positive Culture over the long-term

The Second-Goal Parent

Developing Winners in Life Through Sports (2 hours)

This workshop explores the role of a **“Second-Goal” parent**. Topics discussed include:

- How parents can help ensure their athletes' experiences yield healthy, developmental (physical, social, mental) outcomes that will serve them far beyond the playing field
- Understanding the research-based three stages of Talent Development
- Engaging children in constructive, meaningful conversations
- Guidelines for developing a positive Coach/Parent Relationship

Student-Athlete Leadership Workshop (75 minutes)

Anyone who plays on a team is a participant. However, it requires hard work, commitment and personal growth to become what PCA calls a “competitor.”

This workshop defines what it means to be a “competitor” in terms of an athlete's relationships with:

- Himself or Herself
- His or Her Teammates
- His or Her Sport

A principled competitor wants to win and competes fiercely to win, but will only strive to win within an ethical context of Honoring the Game. A principled competitor is intent on becoming a person that his team, his school and his family can be proud of.

