

IOU Coaching Certification

Level 1: Casual Play

Section 1: Health and Safety

What is Safety?

- Minimizing Risk
 - Of physical injury
 - Of speed of illness
 - Of assault or exploitation
 - Of bullying or harassment
- Without safety, there is no fun!

Proper Equipment

- Proper equipment is needed before ever stepping foot on the field
- Players need surface-appropriate footwear, weather-appropriate attire, and a legal stick

Proper Footwear

- Appropriate for playing surface
 - Flat-bottom shoes are good for turf
 - Cleats are best for most surfaces
- In good condition and properly worn
 - Laced properly
 - Toes closed
 - Sole properly attached
- Risks of improper footwear
 - Tears to knee, ankle, and hip ligaments
 - Increased risk of fall
 - Injuries to feet from incidental contact or trying to kick the ball
 - Reduced performance

Weather Appropriate Attire

- Hot weather

- Mitigate heat

- Short sleeves or UV-blocking long sleeves
 - Shorts
 - Minimize layers
 - Hat for shade

Some players may feel self-conscious about their appearance, or wear inappropriate attire in an attempt to “look cool.” It is your job as a coach to alleviate that stress and ensure players want to wear appropriate clothes

- Cold weather

- Stay warm

- Long socks or long pants
 - Lots of layers
 - Warm gloves
 - Warm hat

Cold weather attire is expensive, and not always accessible. If you have a player who does not have appropriate winter attire, see if your club can scrounge something together for them

Sun Protection

- Sun is present during all daylight hours, even if not visible
 - Sunscreen, higher SPF is better SPF needs to be at least 30 to be effective
 - Re-apply every 2 hours
 - Stay in shade while not playing
 - Long sleeved UV clothes, shady hats can reduce risk
- Risks of prolonged exposure
 - Skin cancer
 - Painful burns and blisters
 - Early aging

Spinal Injury

- The spine relays messages from the brain to neurons across the body
- Spine damage can cause extreme pain, paralysis, or organ failure



Spotting Spinal Injury

- The spine can be injured from impacts to the back or neck, unnatural bending, or extreme force
- Players who lay on the ground without moving may have injured their spine
- Players who clutch at their back or neck may have injured their spine

Handling Spinal Injury

- DO NOT MOVE players with potential spine injuries
- Call paramedics immediately
- Check to ensure player is breathing and has pulse
- Allow professionals to move player onto spine-stabilizing backboard

Brain Injury

- Brain damage can cause permanent problems with vision, hearing, smell, taste, sleep, balance, focus, memory, depression, and emotional regulation
- Players may feel completely fine while suffering brain injury- it is the coach's responsibility to take them out



High Risk Events

- Direct head contact with opponent's body or stick
- Headfirst collision with ground or obstacle
- Head “snap” from impact, even to non-head body parts
- Any impact with loss of consciousness or vision
- Any impact which causes bleeding from the head
- Fighting
- Automobile crashes

Signs of Concussion

- Loss of consciousness or vision
- Aversion to light or sound
- Slurred speech, incorrect use of words
- Poor balance, coordination, or proprioception
- Failure to recall short-term or long-term events
- Severe headache, dizziness, or nausea

Managing Brain Injury

- Avoid overstimulation
 - No bright lights, loud noises, or hard head impacts
 - Avoid prolonged focusing (no video games, no TV)
 - Minimize physical exertion as much as possible
- Rest
 - Sleep as much as possible
 - Take frequent breaks from any activity
 - Do not use stimulants or smelling salts to hide brain injury symptoms

Sub-Concussive Impacts

- Brain injury can be cumulative rather than instantaneous, with smaller impacts
- Individually not a concern, but need to be minimized as much as possible
- Ball to head contact
- Hard falls
- Hard collisions with opponents

Emergencies

- Players who are clearly unconscious, bleeding from the head, or confused about where they are, what they are doing, or how to move constitute an emergency
- Call paramedics immediately
- Make sure player is breathing and has pulse, then deal with any bleeding
- Get player into place where they cannot fall and hurt themselves, away from bright light, and in quiet

Preventing Brain Injury

- Smart practice design: avoid sub-concussive impacts
- Protecting self: play heads up, be aware of surroundings
- Protecting others: respect opponents, be responsible and focus on winning rather than hurting
- If in doubt, sit them out
- Prepare the body: strong neck and trapezius muscles can stabilize head in contact situations

Heat Illness

- Term for any reaction of the body to intense heat
- Impacted by body temperature, not weather: be wary in all weather conditions

Stages of Heat Illness

WHAT TO LOOK FOR

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

WHAT TO DO

- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

WHAT TO LOOK FOR

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

WHAT TO DO

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



Preventing Heat Illness

- Hydration
- Shade
- Avoid hottest times of day
- Frequent breaks
- Culture of safety

Weather Safety

- Always check weather reports before taking the field
- Rain is safe, but never play in dangerous weather

Lightning

- Remember 30/30 rule: look for lightning flash, then listen for thunder. If less than 30 seconds passes, seek shelter. Wait 30 minutes after that lightning flash before leaving
- Lightning is a concern even when there is no rain

Hail

- Do not play oarball outside in hail
- Stay under solid cover until weather passes

Extreme Wind

- Sand or dust being blown onto the field is a potential hazard to eyes
- Wind powerful enough to carry the ball along the ground without interference is likely too strong to play
- Once wind has passed, downed power lines may make travel dangerous-cancel events if this is the case

Cold

- Extremities must be protected
 - Hands, feet, ears, and nose are most prone to frostbite
- More layers, more warmth
- Wind saps warmth from body- even a single wind-breaking layer can keep warm
- Snow can cause dangerous roads- cancel events if roads are not clear

Domestic Safety

- Safety does not only exist at the field
- Be aware of the home lives of players. Take an interest, try to learn the names of their family and friends
- As a coach, you may be a more trusted adult in a player's life and be able to be a first line of defense against abuse
- As a coach, you may be better able to instill ideas of safety in a player than their family can

Signs of Domestic Abuse

- Bruising in “hidden” areas like stomach or back
- Low self esteem, poor self control
- Fear or irrational distrust of parents or authority figures
- Comments about abusive behavior
- Desire to self-harm
- Desire to hide injuries or failures from parents

Dangers of Domestic Abuse

- Self harm
 - Children in abused situations are more likely to self harm, making them a danger to themselves
- Emotional turmoil
 - Emotional damage from abuse can last a lifetime
 - Can cause long-term depression or appear in unforeseeable ways
- Unhealthy social life
 - Poor understanding of boundaries or healthy relationships
 - Lack of trust in others, or excessive trust in others allowing for future abuse
- Immediate physical harm
 - Abusers may cause immediate death or disfigurement

Preventing Self-Harm

- Separate people at risk of self-harm from the means of self harm
 - Access to sharp objects, medicines, alcohol, and firearms in particular must be carefully avoided
- It takes a village
 - Do not hide someone's self-harming ideations from the people who care about them
 - Someone should always know where a person is and what they are doing
 - You cannot communicate too much
- During a self-harming episode, have the person focus on positive aspects of their life
 - Friends, family, and pets
 - Hobbies
 - Reassure them about the possibilities of their future
- Shame is not a valuable tool in prevention of self-harm

Child Grooming

- Predators are more likely to be someone a child knows than a stranger
 - Family members
 - People in positions of power over the child (i.e. athletic coaches)
- Grooming is the act of ingratiating oneself with a child and their family to make predation easier
- Be mindful of excessive physical contact, unhealthy levels of fraternization, or means of communication unknown to parents. All could be signs of grooming.

Pool Safety

- Children should never swim without adult supervision
- Pool areas should be secured at least two ways (lock and alarm, lock and fence)
- No rough-housing, running, or stunts in or near the pool
- Be aware of signs of drowning
 - Quiet, hyperventilating, or gasping- often don't look in distress
 - Upright in the water (standing position, not laying)
 - Eyes are closed or disoriented
 - Hair covering face or eyes, head low in the water
 - Trying and failing to roll over or to swim in a particular

Fire Safety

- Understand what causes fire
 - Fuel: something that will burn, such as wood or paper
 - Ignition Source: something that starts the fire, such as a spark or hot stove
 - Oxygen: air to allow the fire to breathe
- Have functioning smoke detectors and good ventilation
- Do not play with fire
- Take precautions around intentional fires: wet ground and stones around campfires, grill away from buildings, do not add fuel directly to flames
- Know escape routes for severe fire
 - People first: make sure to get everyone out as soon as possible
 - Pets second: don't go back for pets, but know where they are and bring them if you can
 - Possessions third: possessions are not a priority in any way
- Have and know how to use a fire extinguisher
 - Pull pin
 - Aim at base of the flame
 - Squeeze the trigger
 - Sweep the fire extinguisher back and forth

Street Safety

- Always look both ways before crossing the street
- Make sure to make eye contact with any drivers- do not assume they see you or will stop for you
- Walk, do not run, across the street
- Wear visible clothing when walking or biking
- Wear seatbelts when in a car
- Do not allow people distracted by phone, intoxicated, or in dangerous mental state to drive- do not get into the car with someone who you think may be dangerous to drive
- Cars are extremely dangerous, #1 killer of children

Active Shooter Safety

- Active shooters are an unfortunate danger in any unsafe country, and can occur at any time
- Even those who live in safe countries should be prepared
- Escape is always #1 priority: do not encourage “hero” behavior
- If escape is impossible, hide. Do not be visible or audible, barricade path to hiding place if possible. Hiding places that can stop bullets (metal doors, concrete walls) are better than those that can't
- If hiding is impossible, try to distract the shooter. Fire alarms, flashing lights, or thrown objects can disorient the shooter.
 - Once distracted, revert to “escape first, hide second” mentality
- If hiding is impossible, numbers are needed to overwhelm the shooter. Try to approach from side or behind, and try to incapacitate shooter by bringing them to the ground or knocking them unconscious

Internet Safety

- Anything that seems “too good to be true” is
- Do not trust internet sources- always verify with primary sources whenever possible, or find multiple trusted secondary sources
- Even with sources that appear trustworthy, double-check to make sure they are not being impersonated or faked. For example, your bank will not ask for your account password.
- People may lie on the internet. Ask “what does someone gain from me believing this?”
- Do not give personal information that can be used to locate you, impersonate you, or steal important data from you (like financial data) to strangers
- Anonymity and distance allow people to dehumanize others and be extremely mean. When the internet stops being fun, try a different activity
- Remember that all information posted to the internet is potentially permanent and traceable to you- be mindful of who you may hurt with what you say or do

Safe Field Conditions

- Free of debris
 - Look out for garbage, glass or vegetation
- Smooth surface
 - Potholes, ant hills, and mounds are all potentially dangerous
- Equally packed surface: no hard section and soft section

Debris

- Garbage may be left by vandals or blown in from weather
- Sticks, acorns, pine cones, or spores may drop from nearby trees
- Always inspect the field to make sure it is clear

Grass

- Uniform surface
 - No long patches and short patches
- Playable length
 - Grass which is too long can slow the ball down, and exceptionally long grass can be a trip hazard

Non-grass ground cover

- All considerations of grass surface
- Soft surface
 - Some plants have spikes or barbs that make playing uncomfortable or dangerous
- Durable surface
 - A ground cover which is too easily torn up can cause unnecessary falls

Turf

- Be mindful of heat: turf radiates more heat than grass
- Check anchoring: make sure turf is secure to the ground, not a “slippery carpet”
- Long-term health: some turf materials are known to cause long-term health risks. Be sure to know what material your field is and that it is not a dangerous type.

Clay, Soil, and Sand

- Dirt fields should be packed, not loose
- Look out for rocks or gravel in the dirt

Muck

- Muck can obscure debris
- Be 100% sure there is no debris under muck

Blood and Bleeding

Assessing Damage

- Identify location of cut
- Identify depth of cut
 - How dark is the blood?
 - How much blood comes out?
 - How far separated is the skin?
- Determine if cut is on major bloodway
 - Does the blood pulse?
 - Does the blood spurt?

Emergency Response

- Any major bloodway or severely deep cut is an emergency
- Apply immediate pressure
- If bleeding is from a puncture, do NOT remove whatever has stabbed the player
- Clay can help clot blood and reduce bleeding
- If life is in danger and injury is to a limb, apply tourniquet
 - Tight enough to constrict blood flow
- Call emergency services

Non-Emergency Response

- Clean cut
 - Wash away any debris or dirt
 - Disinfect with alcohol or warm soapy water
- Stop bleeding
 - Apply pressure
 - Apply bandage
- If cut is severe, send player to hospital

Blood-borne Illness

- If player is safe to continue play after bleeding has stopped, they must not have any “wet” blood on their person or uniform
- Blood that gets into another person’s mouth, nose, or eyes can spread severe illnesses

Biological Illness

- Styes, sores, blisters, or anything which might burst and get bodily fluids on another player should be covered to prevent spread of illness
- Vaccines reduce rate of spread for dangerous diseases such as measles and mumps. Selects and senior events may require these as condition of participation because of close conditions in locker rooms.

Respiratory Illness

- Players with contagious respiratory illness (coughing, sneezing, wheezing) should wear a medical mask to prevent spread to other players
 - This causes a feeling of breathing difficulty, but no reduction in oxygen
 - Players who cannot comfortably play with a mask need to stay home
- Players with asthma need to have their inhaler present to be eligible to participate in practices, fitness training, or games
 - Players with severe asthma need both a regular inhaler and a rescue inhaler

Fungal Illness

- Fungus can grow in damp conditions, such as cleats
- Fungal illness can be prevented by changing socks regularly and ensuring shoes air out to dry before use
- If players contract fungal illness, home treatment is usually sufficient
 - Airing out place of infection
 - Washing location of infection
 - Over-the-counter anti-fungal medication
- Players with fungal infection should NOT share clothing, shoes, or equipment with others
- Players with diabetes who contract a fungal infection should see a doctor

Playing Safe

- Respect Opponents
 - Remember that opponents are just like you
 - A game is not worth a lifetime of injury- never intentionally injure an opponent
 - An opponent today could be a teammate tomorrow
- Respect Officials
 - Referees are human, may not see everything, may make mistakes
 - Remember that you cannot play competitively without them
 - Referees do not commit violations, only enforce them- you control the game

Stick Safety

Stick Responsibility

- Players are always responsible for what their stick does and where it is
- No excuses for negligence
- The stick needs to be treated seriously- it is for striking the ball and nothing else.

Controlling the Stick

- Keep a firm grip on the stick
- Never make wild swings of the stick

Avoiding Contact Area

- When making contact with opponents, the stick should be held *AWAY* from opponents
- Two acceptable techniques
 - Stick-on-ball, body-on-body
 - So long as the stick is attacking the ball, it should be near the opponent's stick, not their body
 - Better chance to steal ball
 - Stick away
 - Hold the stick away from the body
 - Hold the stick on the opposite side of contact area
 - Frees stick up for play after the ball is separated

Only Steal when Certain

- Only make a play at the ball when you are sure you can do so without making contact
- The higher the speed of play, the less adventurous a player should be with stick checks
 - Stationary players may want to try a through-the-legs steal, but this should not be attempted on the run
- If stealing safely is not possible, players should look to get in blocking position, pressure the passing lane, or make body contact

Safe Body Contact

Smart Angles

- Only make contact from side or front-on position
- Take angles that put defender in front or side of opponent

Legal Contact

- The rules of the game outline safe contact
- Never make intentionally illegal contact
 - Preventing a scoring chance is not an excuse
 - Failure to manage temper is not an excuse

Purposeful Contact

- Contact should give your team a better chance of winning the game
 - Controlling the ball
 - Agitating opponents
 - Gaining position
- Contact that does not accomplish any of this should be avoided

Protecting Yourself

- When in possession of the ball, be ready for contact at all times
- Play “heads up” as much as possible: look at the field, not the ball
 - Makes it easier to make plays on the field too
- Hold stick in a way as not to injure yourself if contact is made
 - Don't hold stick near own head
 - Don't hold stick in an easy-to-trip position
 - Avoid jamming stick into ground and into ribs
 - Hands away from body
 - Stick to one side or the other

Children's Health

Healthy Diet

- Adequate food
- Vital nutrients
- Diverse diet
- Avoid allergens
 - Allergens are potentially deadly to people with allergies, even in imperceptible small quantities
- Regular meal pattern
- Regular sleep pattern

Hydration

- Hydration is vital to health and performance
 - Water helps regulate body temperature
 - Water absorbs through stomach into blood, making blood circulation easier
 - Well-hydrated players are at less risk of muscle tear and brain injury thanks to interstitial fluid absorbing impact
- If a player feels thirsty, they are already dehydrated
- Drink throughout the day, not just at meals

Caloric Intake

- Weight change is byproduct of calories consumed and calories burned
 - More calories consumed than burned: weight gain
 - More calories burned than consumed: weight loss
- Growing children should eat caloric surplus unless directed otherwise by their doctor
- Metabolism can vary
 - Different people and different ages will have different rate of calorie burn
 - Diet can affect metabolism
 - Ketosis-inducing diet increases metabolism, which can be healthy for short-term weight loss
 - Metabolism is slower during sleep- eating immediately before sleep can help gain weight
- Weight is a number, not a reflection of health
- Healthy consumption
 - Even when attempting to lose weight, caloric deficit should be less than 500 calories/day

Macronutrients

- A healthy diet has a healthy balance of macronutrients
- Protein
 - Help body repair and grow
 - Body needs variety of amino acids to be healthy. Not every protein source has all of the amino acids a body needs
- Fats
 - Contain important fat-soluble vitamins
 - Most efficient source of calories by weight
- Carbohydrates and Sugars
 - Brain needs sugars to operate effectively
 - Complex sugars (carbohydrates) digest more slowly, helping to have sugar over time instead of all at once
 - Potential concern for diabetics
- Fiber
 - Not actually digested by body
 - Helps with digestion

Vitamins and Micronutrients

- Fat-soluble vitamins
 - A (cheese, eggs, fish, milk)
 - D (fish, red meat, eggs, grain, sunlight)
 - E (plant-based oils, nuts, seeds, grains)
 - K (leafy vegetables, plant oils, nuts, seeds, meat, dairy, soy)
- Water-soluble vitamins
 - C (citrus fruit, bell peppers, potatoes, berries, leafy vegetables)
 - B1 (meat, fish, vegetables, fruits, eggs, grains)
 - B2 (milk, eggs, rice)
 - B3 (meat, fish, wheat, eggs, dairy)
 - B6 (poultry, fish, grains, eggs, vegetables, soy, peanuts, milk, potatoes)
 - B12 (meat, fish, dairy, eggs)
 - Folic Acid
 - Pantothenic Acid (meat, potatoes, tomatoes, broccoli, eggs, grains)
- Minerals
 - Calcium (dairy, vegetables, soy)
 - Iron (meat, beans, nuts, fruits, grains)
 - Potassium (bananas, broccoli, parsnips, Brussels sprouts, nuts, seeds, fish, meat)
 - Iodine (fish, fish oil, iodized salt)
 - Zinc (meat, fish, dairy, grains)

Respect for the Body

- Listen to your body
- Sleep enough
- Moderation

Listening to your Body

- Understand the difference between lactic acid buildup and injury pain- do not encourage players to play through injuries
- Drinking water when thirsty
- Understanding cravings (i.e. for salty food) as a natural reaction to bodily needs

Sleep

- Absolutely necessary for peak performance
 - Allows recovery from injuries
 - Reduces chance of injury
 - Improves mental sharpness
 - Improves physical endurance
- Optimum range for adults may range from 6-9 hours per night
- Optimum range for teenagers may range from 9-12 hours per night
- Optimum range for children may range from 8-10 hours per night
- Maintain a consistent schedule, with similar lights out and wakeup times each night
 - Not always possible with schedules, but body performs better with routine
 - Makes waking up in the morning easier

Moderation

- “Vice” foods are not inherently evil
 - Players can and should allow themselves occasional treats
 - Players should also be disciplined about their health, careful not to have so many treats that it risks their health
- Training can be overdone
 - Allow body time to rest, use a proper rotation, and do not train through injuries
 - Be conscious of the affect high-impact training (like distance running or heavy weightlifting) can have on the joints

Youth Fitness

- No weight lifting
 - Can fuse together growth plates and stunt growth
 - Can cause joint damage
- Fitness should be fun
 - Incorporated into fun activities
 - NEVER a punishment

Aerobic Endurance

- Used for long, slow movements
- Trained with jogging, biking, running stairs, and hiking

Anaerobic Endurance

- Used for extending sprints
- Trained with intervals, swimming, sled pushing, and endurance weight lifting

Incorporating Fitness

- Children should not know they are doing a fitness drill
- Disguise running
 - Run to the ball
 - Chase other players
 - Races
- Disguise power
 - Battle other players
 - Fun movements

Pubescent Fitness

- Teenagers have different health concerns from youths
- Sudden growth spurts, drastic increases in hormones, and fast metabolism define this fitness phase

Strength

- As players hit puberty, their body allows them to start strength training
- Strength can improve almost every facet of a player's game

Safe Weightlifting

- Players should only perform exercises they know how to execute
- No jerky or shaky movements
- Keep body parts away from pinch points of machines, drop areas of free weights
- Use weight clips on barbells
- Use equipment as designed
- Wear appropriate clothes
- Stay clear of obstructions
 - NEVER interfere with a person or their weight when they are lifting
- Have an “escape” with free weights
 - Safety catch
 - Spotter
 - Safe way to drop weights

Exercises

- Individual exercises work out a muscle or muscle group
- Compound exercises work multiple muscles at once
- Isolation exercises focus on a specific muscle
- Plyometric exercises use only body weight
- Exercises are executed as “repetitions,” or individual movements, then into “sets”
- Sets should be completed to a certain goal
 - 10 repetition sets: standard lift, better for consistent strength gain
 - If a player can achieve 12 repetitions in 3 sets, they should increase the weight
 - If a player cannot achieve 8 repetitions in a set, they should reduce the weight
 - 3 repetition sets: “heavy” lift, better for improving explosiveness of a muscle group
 - Should only be done for compound exercises, and only be experienced lifters
 - Players may want to warm up or stretch before heavy lifts
 - Drop-sets: player lifts maximum number of repetitions for an exercise, then reduces weight and continues again without a break, good for building anaerobic endurance
 - Generally easier with machines than free-weights

Days

- Players who only lift weights occasionally (once a week or less) should work all muscle groups in a day
- With more intensive lifting schedules, players need to rest muscle groups. Easiest way to do this is by breaking schedule into “days”
- Days should follow specific routine
 - Stretching/warm up
 - Compound exercises
 - Isolation exercises for larger muscles (quadriceps, pectorals, trapezius, etc)
 - Isolation exercises for smaller muscles (biceps, hip flexors, obliques, etc)
 - Stretching/cool down
- Number of sets and exercises can vary by intensity. Some players may prefer more exercises with 3 sets/exercise, others fewer and 4 or 5 sets/exercise.
 - 15 sets (5 exercises, 3 sets each, approximately 45 minutes): light day, good for introduction to lifting and rehabilitation
 - 21 sets (7 exercises, 3 sets each, approximately 60 minutes): intense day, good for serious weight lifting
 - 27 sets (9 exercises, 3 sets each, approximately 120 minutes), very intense day, good for short-term “training camp” situations to gain fitness

Programs

- Players should know how much they want to rest, how often they will be able to lift, and what sort of preferences they have for exercise days before making a program
- Exact structure can vary with personal preference, but every muscle group should be exercised in a rotation
 - 3-day rotation (Upper body, Core, Legs), good for 3 days/week, 6 days/week, and 7 days/week lifting schedules
 - 4-day rotation (Upper body “push”, upper body “pull”, Core, Legs), good for 4 days/week schedule
 - 5-Day Rotation (Chest/Tricep, Back/Bicep, Shoulder, Core, Legs), good for 5 days/week schedule
- Programs should have a goal in mind
- Programs should ramp up in intensity, start easy and work up
- Very intense regimens (2 sessions a day, 27-set days, intense endurance training) should only be done for short periods of time to prevent overtraining or overuse injuries

Weight Machines

- Good for beginners
 - Directions on the side
 - Safety is simple
- Need to be adjusted for range of motion whenever possible (some machines do not adjust)
- Good for building power without worrying about stabilizing muscles (i.e. leg press)

Freeweights

- Build stabilizing muscles (small, subtle muscles used to keep weights in position)
- More versatile: exercises can be completed in any gym

Flexibility

- Helps prevent injury
- Improves performance
 - Reach
 - Speed
 - Shot blocking and pass reception
- Static stretches generally improve flexibility more than ballistic ones

Balance

- Reduces chance of injury
- Improves performance
 - Control in contact area
 - Agility
 - Reduces number of falls
- Increased strength to ankles, calves, legs, and core improve balance
- Direct balance training improves balance

Adult Fitness

- Adults must be more conscientious of their body than younger people
 - Increased risk of injuries
 - Old, recurring injuries
 - Reduced metabolism

Overuse

- Overuse injuries come from exercising a muscle group too much without resting
- High-impact exercises can cause overuse
- Only cure for overuse is rest

Cholesterol

- Bad cholesterol can cause plaque buildup in bloodways, leading to heart attack or stroke
- Want lots of HDL cholesterol
 - Smoking reduces HDL cholesterol
 - Eat foods like avocado, nuts, oats, fatty fish, and soy
- Want very little LDL cholesterol
 - Trans fats and saturated fats carry LDL
 - Exercising reduces LDL cholesterol

Moderation

- The dose makes the poison
- Unhealthy foods (alcohol, sugary desserts, LDL-laden foods, etc) are not dangerous in small quantities
- Maintain a lifestyle that you can maintain
 - don't quit anything cold-turkey
 - Build healthy habits that you can stick to

Emotional Health

- Emotional health can be more difficult to notice, but is just as important as physical health
- If a player needs to change something about themselves, they need to feel comfortable first- only a comfortable person grows emotionally
- Every person has different ways of expressing themselves, try to get to know your players to understand how they may really be feeling

Constructive Criticism

- Players are not perfect, and never will be. They will need correction, and criticism is vital for growth
- Good criticism is:
 - Constructive: it does not attack the player
 - Specific: it should be clear what failing is being criticized
 - Actionable: there is a clear way to correct the failing
 - Occasional: players should not hear criticism as often as they hear encouragement
- Use the “Complement Sandwich”
 - Lead with something the player has done well on a given play (“Good effort” or “You’re getting better”)
 - Follow with the actual criticism (“When you do X, try Y” or “Look for X next time”)
 - Finish with a broader complement (“You’re doing great” or “I’m really impressed with you lately”)

Mindfulness

- Always be aware of how your words and actions can impact those around you, even if not directly affecting them
- Be careful not to cause or exacerbate insecurities. Even if one player is unaffected by something, another one might be scarred from it.

Supportiveness

- Young players may have insecurities, identity crises, or troubled home lives, with little to no support structure
- As a coach, you have not only an opportunity, but a duty to be that structure
- Be accepting: as long as a player isn't harmful to teammates, you need to allow players to be themselves as much as possible, even if it is strange or uncomfortable.
- Be nonjudgmental: kids make mistakes- offer help if it is needed, but do not offer shame.
- Be present: Avoid being on your phone, make eye contact, and be as personable as possible while communicating with players