

TOGETHER WE'RE MAKING A DIFFERENCE

Coaches

Thank you for volunteering to coach at the YMCA of Hobart!

Coaches are the heart of Y youth sports. Here you will find some resources for the upcoming season as well as our volunteer application and links to our online trainings.

All trainings are FREE!!!

- Volunteer Application
- CPR/AED Training
- First Aid Training
- [CDC Concussion Training](#)
- [YMCA Safety & Emergency Course](#)
- [Coaching YMCA Youth Sports](#)

Coaches Resources

Online Training

We believe that a youth sports program is only as strong as its coaches and that is why we want you to have all the tools you need for your season. Below you will find manuals that include multiple practice plans including drills, team circles and fitness components. Furthermore, we recommend that you check out the YMCA training website where there are multiple sports-specific trainings available, visit <http://training.ymca.net/>

Weekly Talking Points

[Click here](#) to register to receive your FREE subscription to Talking Points-Positive Coaching Alliance.

These weekly emails include key topics and points for coaches to discuss with their players, plus video from PCA National Advisory Board Members. Each Talking Points issue sparks conversation that can lead to:

- improved athletic performance
- stronger team bonds
- the teaching and learning of life lessons through sports. Talking point will help you help your players become "Better Athletes, Better People" while learning life lessons in teamwork, accountability, persistence and other character traits of value beyond sports.