Predictability & Innovation:
Sports Coach Training and Education as a Public Health Initiative

Dr. Roch A. King
Chair of Sport Coaching,
United States Sports Academy
Daphne, Alabama USA
Snap Voting

Education & Training are the same thing.

Yes
No
What is “Training”? 

- Teaching people how to think alike.
Predictability

• What things are named
• What “message” is delivered
• What athletes and parents should expect
• What mechanics are taught

*Answers to questions are independent of who is asked*
What is “Education”?

• Teaching people how to think differently.
Innovation

• How to think about experiences
• How to “deliver the message” to a kid
• How to best serve your athletes & families
• How to teach a technique

Is this the right question to ask?
We need BOTH!

- **Training = Predictability**
  - SafeSport
  - Concussion Awareness
  - Injury Prevention & Response
  - Athlete-Centered Philosophy

- **Education = Innovation**
  - Technique
  - Tactics
  - Teaching
  - Training
  - Research
Training & Education

What “job” are families hiring youth sports to do?
Training & Education

Figure 2. Inverted Athletic Triangle
Training & Education

- Better Athletes
- Better People
- Shared, Meaningful Experiences

Figure 1. Positive Athletic Triangle
Training & Education

- Thank You!
- Questions?