HEADSTARTPRO™

Headstartpro's eLearning resources are for coaches who want to achieve excellence, but who also care about their athletes' health and longevity.

Course Description:
In the Headstartpro Coaching Course you will learn to help your athletes achieve their full potential with a performance-driven, mental training process. This course is appropriate for coaches with athletes in the Learn-to-Train, Train-to-Train, and Train-to-Compete stages of the Long Term Athlete Development model (LTAD). The most successful athletes in these stages are set apart by their ability to control their minds and control the moment. Moving beyond physical competency to mental proficiency requires process-driven tactics. By taking this course, you will learn transferrable skills to help your team improve focus, awareness, and mindfulness.

The goal of Headstartpro is to prevent the critical errors and decisions compromised by rushing, frustration, fatigue, and complacency. These four states are responsible for most of the performance errors our athletes make and over 95% of all acute injuries. By recognizing the states and then activating a set of Critical Error Reduction Techniques (CERTs), it positions your team to achieve peak performances more reliably. You will enjoy enhanced performance and your athletes will experience fewer costly injuries once you activate the strategies taught in this course.

- Learn from entertaining instructional videos and real "HeadStart Stories" told by amateur & professional athletes
- Enjoy self-paced learning; 3 to 4 hours to complete; 12 chapters with progress tracking
- Earn professional development credits by learning a set of concepts, techniques, and tools to improve team performance and injury prevention

Rationale & Learning Outcomes:
Upon completion of this course, you will be able to:
- Empower your athletes with the skills to improve focus, awareness, and decision-making
- Help your athletes to manage internal and external distractions, and to control their physical and mental states
- Improve team cohesion and communication by using a shared vocabulary and common language
- Reduce critical errors, and static and dynamic performance errors
- Enhance athlete self-confidence
- Enhance team performance
- Prevent costly injuries

Chapter Outline:
- Chapter 1 - Welcome to Headstartpro
- Chapter 2 - The State to Error Pattern
- Chapter 3 - Critical Error Reduction Techniques
- Chapter 4 - Static Performance Errors
- Chapter 5 - Dynamic Performance Errors
- Chapter 6 - CERTs to Enhance Performance
- Chapter 7 - Coaching Tools to Enhance Performance
- Coaching Tools Chapter 1 - Introduction to Coaching Tools
- Coaching Tools Chapter 2 - HeadStart Stories
- Coaching Tools Chapter 3 - Anticipating Error
- Coaching Tools Chapter 4 - Rate Your State
- Coaching Tools Chapter 5 - Bringing it all Together

Learners are required to successfully complete all parts and related learning activities to receive a certificate of completion.