



# STANDARDS IN YOUTH SPORT COACHING ARE ESSENTIAL

*Better Athlete Experience and Outcome*

**ATHLETES**

When sport programs are effectively structured to support athlete development they can help...

- increase physical activity and reduce obesity rates, improve physical health, support positive mental health, develop physical literacy, improve their physical conditioning and technical and tactical development within the sport, and acquire life skills.

*Better Coaching*

**COACHES**

Part of effectively structuring sport for physical, psychological, and social development are coaches who possess specialized knowledge and behaviors and a corresponding skill set which is outlined in the International Sport Coaching Framework, the USA Quality Coaching Framework, and the National Standards for Sport Coaches.

Creating safe, diverse, equitable, and inclusive sport environments requires sport coaches who are educated and trained with the knowledge and skills necessary for ethical decision-making that underpins good sportsmanship and gamesmanship with the support of their organizations.

*Better Coach Development Systems*

**SPORT ORGANIZATION**

Sport organizations play a critical role in setting up systems to support and educate the sport coach.

**NATIONAL YOUTH SPORT STRATEGY**

There needs to be "a national and local strategy to recruit volunteers who will encourage and support youth participation in sports and regular physical activity, through coaching, mentoring, teaching, or administering athletic and nutritional programs."