

### **HPAL 3065: Advanced Coaching Methods for Soccer**

#### **3 Credit Hours**

*Prerequisite: HPAL 3050*

In this course students will examine theories and techniques of coaching soccer. The course content may include, but is not limited to, key coaching topics such as: teaching and evaluating technical and tactical skills, player selection for various positions; practice and season planning; offensive and defensive systems of play, game coaching considerations, and conditioning principles.

### **HPAL 3071: Advanced Coaching Methods for Archery**

#### **3 Credit Hours**

*Prerequisite: HPAL 3050 and HPAL 1055*

Starting with a basic understanding of the USA Archery National Training System for recurve bow, students will progress through advanced coaching topics such as: Macro to Micro philosophy, connecting with athletes, coaching the mental aspect of archery, and practice and competition planning.

### **HPAL 3075: Advanced Coaching Methods for Softball**

#### **3 Credit Hours**

*Prerequisite: HPAL 3050*

In this course students will examine the theories and techniques of coaching softball. The course content may include, but is not limited to, various key coaching topics such as: teaching and evaluating technical and tactical skills, player selection for various positions, practice and season planning, offensive and defensive systems of play, game coaching considerations, and conditioning principles.

### **HPAL 3085: Advanced Coaching Methods for Tennis**

#### **3 Credit Hours**

*Prerequisite: HPAL 3050*

In this course students will examine the theories and techniques of coaching tennis. The course content may include, but is not limited to, various key coaching topics such as: teaching and evaluating technical and tactical skills, player selection and development, practice and season planning, singles styles of play, doubles styles of play, game coaching considerations, and conditioning principles.