



FREE PCA COURSES FOR COACHES

US Lacrosse is excited to offer our coach members three PCA Double-Goal Coach online courses for **FREE**, a \$90 value!

Double- Goal Coach 1: Coaching for Winning & Life Lessons

In this video based course, hear top coaches explore why and how to pursue both winning all while teaching life lessons on through sports.

Double- Goal Coach 2: Culture, Practices and Games

Phil Jackson, Doc Rivers, Herm Edwards and other top coaches and athletes teach you how to create a culture of excellence. Learn how to create dynamic practices and how to get the most out of your athletes- as players and people- on and off the field.

Double-Goal Coach Developing Triple- Impact Competitors

Help your high school athletes become "Triple-Impact Competitors" who improve on three levels:

- Personal Mastery: Making oneself better
- Leadership: Making one's teammates better
- Honoring the Game: Making the game better

The course provides specific tips and techniques from leading researchers in sports and educational psychology as well as insight from top coaches and athletes.

Access Online Courses:

- 1) Log-In to your US Lacrosse Account
- 2) Click E-Learning in the navigation
- 3) View the Catalog of courses, selecting PCA Courses
- 4) Add the PCA: Double Goal Coach courses to your cart
*you will have to add the course to your cart and go through the check-out process but no payment information will be collected.
- 5) Launch the PCA: Double Goal Coach courses in My Courses