



DrillDance Queensland
STATE TECHNICAL PROGRAM



POSITIVE SPORT COACHING

Objectives

This is a free online Coaching Course that will help assist your coaching sessions by building positivity and optimism in your team members. This course also gives you the opportunity to add a different element to your training sessions and bring out more in your members.

There is no requirement to submit your answers to the questions, so we ask that you honestly evaluate your responses to gain a better outcome of this program.

Once you complete the program, please forward a copy of your certificate for our records to: ddqdevelopment@outlook.com

POSITIVE SPORTS COACHING
Sports Performance & Athlete Wellbeing ...using the science of positive psychology

NAVIGATION

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Start the Introduction to Positive Sports Coaching Module

ACKNOWLEDGEMENTS

The Organisation of Sports Federation of Oceania along with the Oceania National Olympic Committee and the Oceania Foundation have recognised the importance of athlete wellbeing and have provided the funding and support for the development of this free online Positive Sports Coaching course.

This is an exciting initiative that will hopefully leave a legacy of resilient, optimistic and happy athletes throughout the Oceania region and beyond.

OSFO
Organisation of Sports Federation of Oceania

Topics Covered

1. Mental Health issues for athletes and the community
2. What is Positive Psychology
3. What is Positive Sports Coaching
4. Coaching Your Brain
5. Optimism
6. Using Positive Sports Coaching

How to Register and Log In

1. Open the website - <https://positivesportscoaching.trainingvc.com.au>
2. Register your first time log in details
3. Create your username and password
4. Click the Log In button



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Cookies must be enabled in your browser 





DDQ TECHNICAL *Team*