

Coach Development Programme 2025-26

sportscotland CPD

On this page you will have access to a number of online resources to help you develop as a coach. These courses can be accessed by registering with sportscotland's Virtual Learning Environment Brightspace.



KNOWING YOURSELF

KNOWING OTHERS

KNOWING COACHING

Click on the icons below for more info / enrolment on Brightspace.





Understanding Imposter Syndrome



5.



Coaching Others to Coach



9.



Child Mental Health & Wellbeing



13.



Supporting Women in the Media





Importance of **Interpersonal Skills**



6.



Play Their Way



10.



Safeguarding in a **Digital World**



14.



Introduction to Child Psychology

3.



Communication & **Working Relationships** in Sport



7.



The Menstrual Cycle in Sport



11.



Introduction to LGBTIQ+ Inclusion in Sport



15.



Exploring Sport Coaching & Psychology



8.

4.



Collective Leadership

Science of Learning: Make the Most of Every Interaction



12.



Supporting Female Performance in Sport



16.



Engaging Young Women & Girls in Sport





















Grassroot Concussion Guidance 'if in doubt, sit them out'



19.



Introduction to **Co-ordination and Control**





Training for Endurance in Sport





Exercise & Mental Health



35. **Tackling Racism in Sport**



Performing Parents / **Carers**



24.



Introduction to Growth and Maturation for Coaches



28.



Learning from Sport Burnout and Overtraining



32.



Developing Resilience





Intro to Challenging **Racism in Sport**





Further links with resources for coaches:

37.



Has lots of CPD opportunities within.



38.



Courses and infographics



39.



Courses and information on anti-doping



40.



Courses and learning opportunities



41. COACH KIDS

Courses and fun activity videos





EFFECTIVE COACHING MAP

Supporting coaches to be confident at what they do



KNOWING YOURSELF

KNOWING OTHERS

KNOWING COACHING

Great coaches need skills, knowledge and behaviours to coach effectively and confidently



LEADING















































To engage players or learners, coaches need to know how to be...

Inclusive and have integrity in their coaching

Confident, empowering and have ambition A self-reflector and have emotional

Positive in their mindset and have drive to inspire others

inspire teamwork and have skills to know how others think

Approachable allowing for the sharing of information

Aware of physical psychological and social development

deciding how to solve problems and achieve goals

identifying, observing and recognising development

Forward thinking and be able to explore fresh ideas

Decisive in skill making in their sport that contribute to learning and development

Great coaches will...

Articulate and inspire with their approach

Apply, guide and influence others

Commit to learning and development

Deliver a 'Can Do' approach to coaching

Build trust and rapport to achieve common goals Achieve outcome by using: Verbal, Nonverbal, listening, written and reflection skills

Be intuitive to adapt training programmes Plan for coaching and review how the plan meets

Identify and observe areas for development Express new ideas and solutions to

Implement decision making skills to support

Create an environment to develop new techniques that meet safe standards