



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.

1.



Understanding
Imposter Syndrome



2.



Importance of
Interpersonal Skills



3.



Communication &
Working Relationships
in Sport



4.



Collective Leadership



5.



Coaching Others to
Coach



6.



Play Their Way



7.



The Menstrual Cycle
in Sport



8.



Science of Learning:
Make the Most of Every
Interaction



9.



Child Mental Health
& Wellbeing



10.



Safeguarding in a
Digital World



11.



Introduction to LGBTIQ+
Inclusion in Sport



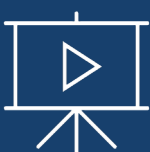
12.



Supporting Female
Performance in Sport



13.



Supporting Women
in the Media



14.



Introduction to Child
Psychology



15.



Exploring Sport Coaching
& Psychology



16.



Engaging Young Women
& Girls in Sport



17.



The Athlete Journey



21.



Positive Coaching -
Mindset (Scotland
Plus)



25.



Developing Team
and Club Culture



29.



Professional Relationships
with Young People



33.



Intro to Physical
Literacy in Sport



18.



Common Child
Wellbeing & Protection
Issues in Sport



22.



Positive Coaching –
Mastery (Scotland
Plus)



26.



Training for Speed
and Power in Sport



30.



Motivation



34.



Nutrition, Sleep &
Travel



19.



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



23.



Introduction to
Co-ordination and Control



27.



Training for
Endurance in Sport



31.



Exercise & Mental Health



35.



Tackling Racism in Sport



20.



Performing Parents /
Carers



24.



Introduction to Growth
and Maturation for
Coaches



28.



Learning from
Sport Burnout
and Overtraining



32.



Developing Resilience



36.



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.



Courses and fun activity videos



EFFECTIVE COACHING MAP

Supporting coaches to be confident at what they do



KNOWING YOURSELF

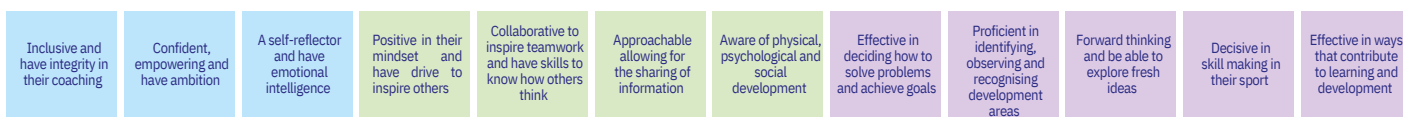
KNOWING OTHERS

KNOWING COACHING

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



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



Great coaches will...

