

**Game/Activity:** NCCP Multi Sport Coaching Materials

**Grade Level:** K -12

**Description:**

The NCCP multi-sport coaches training is an excellent resource for all adults working with student athletes at all ages. Included in this month's resource package are some course material booklets. These books will give you some solid information on the below topics and an understanding of what the NCCP is focused on within their certification courses.

Content included this month:

1. Psychology of Performance
2. Athlete prevention recovery
3. Coaching and leading effectively

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