



College of Health Sciences
Division of Kinesiology and Health
Dept. 3196 • 1000 E. University Avenue • Corbett Building • Laramie, WY 82071
(307) 766-5284 • fax (307) 766-4098 • e-mail: kinesiology@uwyo.edu • www.uwyo.edu/kandh

Wyoming Coaches Association 2021 Summer Clinic – Casper, Wyoming

KIN 5959-80: Prevention and Care of Athletic Injuries (July 18-24, 2021)

Credit Hours: 2

UW Instructor of Record: Derek Smith

Tuition: \$100.00

COURSE ASSIGNMENT

1. Partake in the Prevention and Care of Athletic Training Class
2. Submit (online) a typed 2-3 page summary essay of what you learned

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80 – Prevention and Care of Athletic Injuries”
5. Follow the directions to enroll

Enrollment in this course CLOSES August 15, 2021

NEED INSTRUCTIONS?

Click on the link below.

<https://www.dropbox.com/s/9zgs0jjvutdw20q/Accessing%20WyoLearn%20as%20a%20Student.pdf?dl=0>

GRADE

A grade of Satisfactory will be assigned once your assignment has been submitted and graded. If I can be of further help or you have any questions, don't hesitate to call (307-766-5271) or e-mail smithdt@uwyo.edu.

NOTE

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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80A: General Sessions (July 18-24)

Credit Hour: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in at least eight (8) different sessions
2. Submit (online) a typed 2-3 page summary essay of what you learned

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80C – General Sessions”
5. Follow the directions to enroll

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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80B Leadership Training (July 18-24)

Credit Hour: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in the Leadership Training Sessions
2. Submit (online) a typed 2-3 page summary essay of what you learned

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80B – Leadership Training”
5. Follow the directions to enroll

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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80C: Coaching in Basketball (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to BASKETBALL
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills [set shot; jump shot; free throw; lay-ups; dribbling; passing; blocking out; rebounding; defensive stance; pivoting]:

- a. describe the when and the why of using each individual skill;
- b. identify the most important skill cues/skill elements of each individual skill using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual skill; and
- d. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Game Strategies

- a. Explain/describe person-to-person team offensive strategies for beginners (7th graders); and
- b. Explain/describe person-to-person team defensive strategies for beginners (7th graders).

Part III: Practice Plan

Develop a 90-minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for game play that have a focus; and
- e. a closure/cool down.

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon

4. Click on the “KIN 5959-80C – Coaching in Basketball”
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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80D: Cross Country (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to CROSS COUNTRY RUNNING

2. Successfully complete the following course project:

Part I: Individual Skill Development

For long distance running events; all throwing events:

- a. identify the most important skill cues/skill elements of cross country running using drawings, pictures, words, and/or phrases;
- b. list the most common errors for cross country running and
- c. develop a progression of five sequenced drills for teaching cross country running to a beginner (7th graders) group of athletes.

Part II: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual event development; and
- d. a closure/cool down.

STEPS TO ENROLL

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University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80D – Coaching in Cross Country”
5. Follow the directions to enroll

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KIN 5959-80E: Coaching in Football (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to FOOTBALL
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills [stances; ball carrying; running; passing; receiving; punting; kicking; blocking; tackling; centering]:

- a. describe the when and the why of using each individual skill;
- b. identify the most important skill cues/skill elements of the individual skill using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual skill; and
- d. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Game Strategies

- a. Explain/describe offensive strategies for beginners (7th graders); and
- b. Explain/describe defensive strategies for beginners (7th graders).

Part III: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for game play that have a focus; and
- e. a closure/cool down.

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3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80E – Coaching in Football”
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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80F: Coaching in Golf (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to GOLF
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills [grip; address position; back swing; forward swing; follow-through; shots from the tee - irons and woods; shots from the fairway - irons and woods; hitting from bunkers; pitches and chips; putting]:

- a. describe the when and the why of using each individual skill;
- b. identify the most important skill cues/skill elements of the individual skill using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual skill; and
- d. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for game play that have a focus; and
- e. a closure/cool down.

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3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80F – Coaching in Golf”
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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80G: Coaching in Skiing (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to SKIING
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the major individual techniques specific to Nordic or Alpine skiing:

- a. describe the when and the why of using each individual technique;
- b. identify the most important skill cues/skill elements of the individual technique using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual technique; and
- d. develop a progression of five sequenced drills for teaching each individual technique to a beginner (7th graders) group of athletes.

Part II: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for game play that have a focus; and
- e. a closure/cool down.

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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80H: Coaching in Soccer (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to SOCCER
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills [mobility – running, starting and stopping, and changing directions; kicking – short pass, long pass, and shooting; dribbling; ball control – trapping in the air and on the ground; heading; tackling; goal keeping; restarts – start of game, corner kick, throw-in, indirect and direct free kicks, goal kick, and penalty shot; positional play – forwards, midfielders, defenders, and goal keeper; and team play]:

- a. describe the when and the why of using each individual skill;
- b. identify the most important skill cues/skill elements of the individual skill using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual skill; and
- d. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for game play that have a focus; and
- e. a closure/cool down.

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3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80H – Coaching in Soccer”
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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80I: Coaching in Softball (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to SOFTBALL
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills [throwing, catching, hitting, fielding]:

- a. identify the most important skill cues/skill elements of the individual skill using drawings, pictures, words, and/or phrases;
- b. list the most common errors for each individual skill; and
- c. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for game play that have a focus; and
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4. Click on the “KIN 5959-80I – Coaching in Softball”
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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80J: Coaching in Swimming & Diving (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to SWIMMING & Diving
2. Successfully complete the following course project:

Part I: Individual Skill Development

For 10 of the following individual skills for beginning swimming: buoyancy; back float; sculling; elementary backstroke arm motion; support kicking; back crawl kicking; prone float; beginner kick; beginner pull; breathing; pulling and breathing; turning over; side glide; overhand arm stroke; crawl stroke; elementary backstroke; breaststroke pull; breaststroke; scissors kick; sidestroke arm motion; sidestroke; diving; kneeling dive; one-foot dive; forward dive]:

- a. describe the when and the why of using each individual stroke;
- b. identify the most important skill cues/skill elements of the individual strokes using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual stroke; and
- d. develop a progression of five sequenced drills for teaching each individual stroke to a beginner (7th graders) group of athletes.

Part II: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual stroke development; and
- d. a closure/cool down.

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2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80J – Coaching in Swimming & Diving”
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KIN 5959-80K: Coaching in Tennis (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to TENNIS
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills [forearm groundstroke; backhand groundstroke; service; forehand and backhand volley; lob; overhead smash; return of serve]:

- a. describe the when and the why of using each individual skill;
- b. identify the most important skill cues/skill elements of each individual skill using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual skill; and
- d. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Game Strategies

- a. Explain/describe singles strategies for beginners (7th graders); and
- b. Explain/describe doubles strategies for beginners (7th graders).

Part III: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives
- b. a warm-up
- c. drills for individual skill development;
- d. drills for game play that have a focus
- e. a closure/cool down

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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80L: Track & Field (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to TRACK & FIELD
2. Successfully complete the following course project:

Part I: Individual Skill Development

For one of the following (all sprints; all medium and long distance running events; all throwing events; all jumping events):

- a. identify the most important skill cues/skill elements of the individual events using drawings, pictures, words, and/or phrases;
- b. list the most common errors for each individual event; and
- c. develop a progression of five sequenced drills for teaching each individual event to a beginner (7th graders) group of athletes.

Part II: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual event development; and
- d. a closure/cool down.

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80L – Coaching in Track & Field”
5. Follow the directions to enroll

Enrollment in this course CLOSES August 15, 2021

NEED INSTRUCTIONS?

Click on the link below.

<https://www.dropbox.com/s/9zgs0jjvutdw20q/Accessing%20WyoLearn%20as%20a%20Student.pdf?dl=0>

GRADE

A grade of Satisfactory will be assigned once your assignment has been submitted and graded. If I can be of further help or you have any questions, don't hesitate to call (307-766-5271) or e-mail smithdt@uwyo.edu.

NOTE

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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80M: Coaching in Volleyball (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to VOLLEYBALL
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills [forearm pass; overhead pass; setter's position; underhand and overhand serves; spiking; blocking; digging]:

- a. describe the when and the why of using each individual skill;
- b. identify the most important skill cues/skill elements of each individual skill using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual skill; and
- d. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Game Strategies

- a. Explain/describe 4-2 offensive system for beginners (7th graders); and
- b. Explain/describe 6-up or 6 back defensive system for beginners (7th graders).

Part III: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for game play that have a focus; and
- e. a closure/cool down.

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the "Enrichment Catalog" icon
3. Click on the "Health Sciences" icon
4. Click on the "KIN 5959-80M – Coaching in Volleyball"
5. Follow the directions to enroll

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Wyoming Coaches Association 2021 Summer Clinic

KIN 5959-80N: Coaching in Wrestling (July 18-24)

Credit Hours: 1

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in a minimum of FOUR (4) sessions specific to WRESTLING
2. Successfully complete the following course project:

Part I: Individual Skill Development

For each of the following individual skills that are applicable to beginners [stance; positions; breakdowns; pins; escapes; reverses; combinations]:

- a. describe the when and the why of using each individual skill;
- b. identify the most important skill cues/skill elements of each individual skill using drawings, pictures, words, and/or phrases;
- c. list the most common errors for each individual skill; and
- d. develop a progression of five sequenced drills for teaching each individual skill to a beginner (7th graders) group of athletes.

Part II: Game Strategies

- a. Explain/describe match play tactics, offensive and defensive, for beginners (7th graders); and

Part III: Practice Plan

Develop a 90 minute practice plan for a team (15 players) of beginners (7th graders) that includes:

- a. session goals/objectives;
- b. a warm-up;
- c. drills for individual skill development;
- d. drills for match play that have a focus; and
- e. a closure/cool down.

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80N – Coaching in Wrestling”
5. Follow the directions to enroll

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Wyoming Coaches Association 2021 Summer Clinic – Casper, Wyoming

KIN 5959-80P: Foundations of Coaching (July 18-24, 2021)

Credit Hours: 0.5

UW Instructor of Record: Derek Smith

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in the Foundations of Coaching Class
2. Submit (online) a typed 2-3 page summary essay of what you learned

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80P – Foundations of Coaching”
5. Follow the directions to enroll

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Wyoming Coaches Association 2021 Summer Clinic – Casper, Wyoming

KIN 5959-80Q: WCA Board of Directors (July 18-24, 2021)

Credit Hours: 1.0

UW Instructor of Record: Derek Smith

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in the Wyoming Coaches Association Board of Directors meetings/functions
2. Submit (online) a typed 1 page summary essay of what you learned

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80Q – WCA Board of Directors”
5. Follow the directions to enroll

Enrollment in this course CLOSES August 15, 2021

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Wyoming Coaches Association 2021 Summer Clinic – Casper, Wyoming

KIN 5959-80R: Coaching Junior High/Middle School (July 18-24, 2021)

Credit Hours: 1.0

UW Instructor of Record: Derek Smith

Tuition: \$50.00

COURSE ASSIGNMENT

1. Partake in the Junior High/Middle School Coaching class
2. Submit (online) a typed 1-2 page summary essay of what you learned

STEPS TO ENROLL

1. Go to the following link <https://uwyo3.catalog.instructure.com/>
University of Wyoming WyoLearn Catalog
2. Click on the “Enrichment Catalog” icon
3. Click on the “Health Sciences” icon
4. Click on the “KIN 5959-80R – Coaching Junior High/Middle School”
5. Follow the directions to enroll

Enrollment in this course CLOSES August 15, 2021

NEED INSTRUCTIONS?

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GRADE

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