

## The First 30: Resources for Your Coaching Journey

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<p><b>AGING ATHLETES</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li><a href="#">The Inertia of Aging</a></li> <li><a href="#">The What, Why, and How of Creating and Running a CrossFit Seniors Program</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li><a href="#">Coaching the Aging Athlete</a></li> </ul>
<p><b>BEHAVIOR CHANGE</b></p>	<p><b>Online Resource</b></p> <ul style="list-style-type: none"> <li><a href="#">Behavior Change: Social Persuasion and Emotional and Physical States</a></li> </ul>
<p><b>BEHIND THE SCENES WITH LEVEL 4 COACHES</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li><a href="#">Watch Nicole Christensen Coach a CrossFit Class</a></li> <li><a href="#">Nicole Christensen Coaches a CrossFit Class: Digging Into the Details</a></li> <li><a href="#">Heavy Day: Full Class Coaching Demonstration</a></li> <li><a href="#">Coach’s Cut with Annie Sakamoto</a></li> <li><a href="#">Watch the Coach’s Cut with Chris McDonald</a></li> <li><a href="#">Coach’s Cut With Chuck Carswell</a></li> <li><a href="#">Professional Development Worksheet 2: Coach’s Cut with Chuck Carswell</a></li> </ul>
<p><b>COACH DEVELOPMENT</b></p>	<p><b>Online Resource</b></p> <ul style="list-style-type: none"> <li><a href="#">Using the Professional Coach to Create Purposeful Staff Meetings</a></li> </ul>
<p><b>COACH STORIES</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li><a href="#">Watch Adam Neiffer’s Story: Humble, Hungry, Awesome</a></li> <li><a href="#">Watch Annie Sakamoto’s Story: 17 Years of CrossFit Coaching</a></li> </ul>
<p><b>DISEASE</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li><a href="#">Stress and Chronic Disease: Dr. Jon-Paul Khoo</a></li> <li><a href="#">Webinar On-Demand: Sami Mansfield - Oncology Wellness and Exercise Specialist</a></li> <li><a href="#">CrossFit Coaching and Diabetes</a></li> <li><a href="#">CrossFit and Parkinson’s</a></li> <li><a href="#">CrossFit Coaching &amp; Parkinson’s</a></li> <li><a href="#">CrossFit Coaching and Parkinson’s: Trainer Reference Guide</a></li> </ul>
<p><b>EDUCATORS</b></p>	<p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li><a href="#">Crossfit Educators Course (Ages 3-11)</a></li> </ul>

Topic	Link
<p><b>GREAT COACHING</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">What Makes a Great Coach</a></li> <li>• <a href="#">Five Tools To Help You Become a Kick-Ass Coach</a></li> <li>• <a href="#">The CrossFit Coach: Scott Panchik</a></li> <li>• <a href="#">The CrossFit Coach: Kelly Kelly</a></li> <li>• <a href="#">Worksheet: Coach Evaluation Packet</a></li> <li>• <a href="#">Set the Bar High</a></li> <li>• <a href="#">Worksheet: Set the Bar High</a></li> <li>• <a href="#">Jason Leydon on Becoming a Professional Coach</a></li> <li>• <a href="#">Start Where You Are</a></li> <li>• <a href="#">20/20 Coaching Vision: Improving Athlete Fitness by Seeing Better</a></li> <li>• <a href="#">Worksheet: Correction Strategies</a></li> <li>• <a href="#">"Your Classes Just Aren't Fun"</a></li> <li>• <a href="#">Leadership is a Coachable Skill</a></li> <li>• <a href="#">To Build Better Relationships, Be a Servant First.</a></li> <li>• <a href="#">How To Set Up Your Coaching Space To Optimize Command and Control</a></li> <li>• <a href="#">Coaching Pain Points</a></li> <li>• <a href="#">The Coach Holds the Standard</a></li> <li>• <a href="#">Discussion: "The Coach Holds the Standard"</a></li> <li>• <a href="#">Professional Training</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Coaching Fundamentals Course</a></li> </ul>
<p><b>INJURY</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Clearing Up Misconceptions in CrossFit Injury Data</a></li> <li>• <a href="#">CrossFit Is Not Dangerous</a></li> <li>• <a href="#">Shoulder Pain Evaluation for the CrossFit Coach</a></li> <li>• <a href="#">Knee Surgery: A Practical Guide for Scaling</a></li> </ul>
<p><b>HEALTHCARE PROFESSIONALS</b></p>	<p><b>CrossFit In-Person Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Healthcare Professional Fundamentals Course</a></li> </ul>
<p><b>JUDGES</b></p>	<p><b>Online Resource</b></p> <ul style="list-style-type: none"> <li>• <a href="#">How the Judges Course Can Make You a Better Coach and Athlete</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CrossFit Judges Course</a></li> </ul>

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<b>KIDS</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Creating a Class Where Kids Want To Be Coached</a></li> <li>• <a href="#">The CrossFit Kids Startup Curriculum and Interview with Matt Evans (CF-L4)</a></li> <li>• <a href="#">Webinar On Demand: How to Start a Kids Program</a></li> </ul> <p><b>CrossFit Webinar Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CrossFit Kids Course</a></li> </ul>
<b>LESSON PLANNING</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Worksheet: Observation Class Timeline</a></li> <li>• <a href="#">Dueling Lesson Plans</a></li> <li>• <a href="#">Worksheet: Dueling Lesson Plans</a></li> <li>• <a href="#">Dueling Lesson Plans: The Interview</a></li> <li>• <a href="#">Dueling Lesson Plans, Episode 2</a></li> <li>• <a href="#">Dueling Lesson Plans: The Interview, Episode 2</a></li> <li>• <a href="#">Planning a CrossFit Class: The Napkin Timeline</a></li> <li>• <a href="#">Class Structure and Lesson Planning</a></li> <li>• <a href="#">Worksheet: Create Your Own Lesson Plan</a></li> <li>• <a href="#">Class Plans as a Tool for Coach Development</a></li> <li>• <a href="#">Humans Crave Structure</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Lesson Planning Course</a></li> </ul>
<b>LEVEL 1</b>	<p><b>Online Resource</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Level 1 Training Guide</a></li> </ul> <p><b>CrossFit In-Person Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Level 1 CrossFit Trainer</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Online Level 1 CrossFit Trainer</a></li> </ul>
<b>LEVEL 2</b>	<p><b>CrossFit In-Person Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CrossFit Level 2 Certificate Course</a></li> </ul>
<b>LEVEL 3</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Why Pursue the Level 3</a></li> <li>• <a href="#">The Professional Coach Q&amp;A: Preparing for the CCFT</a></li> <li>• <a href="#">Level 3 - Certified CrossFit Trainer Exam</a></li> </ul>
<b>LEVEL 4</b>	<p><b>Online Resource</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Webinar Replay: How to Prepare for the Level 4</a></li> </ul> <p><b>CrossFit In-Person Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Level 4 Certified CrossFit Coach (CCFC)</a></li> </ul>

Topic	Link
<p><b>METHODOLOGY</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Mechanics, Consistency, Intensity: What Does It Mean?</a></li> <li>• <a href="#">Threshold Training Part 1: Muscle Ups</a></li> <li>• <a href="#">Do It Right. Do It Well.</a></li> <li>• <a href="#">Fundamentals, Virtuosity, and Mastery: An Open Letter to CrossFit Trainers</a></li> <li>• <a href="#">A Deft Dose of Volume</a></li> <li>• <a href="#">CrossFit's Four Fitness Models</a></li> <li>• <a href="#">Characteristics of Functional Movements</a></li> <li>• <a href="#">An Interview With Graciano Rubio</a></li> </ul>
<p><b>MOVEMENTS</b></p>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Roundtable Discussion: The Nine Foundational Movement One-Sheets</a></li> <li>• <a href="#">Worksheet: The 9 Foundational Movements</a></li> <li>• <a href="#">Building Technique From the Ground Up</a></li> <li>• <a href="#">Building Technique From the Ground Up, Part 2: Foot Placement With External Load</a></li> <li>• <a href="#">Strict Before Kipping?</a></li> <li>• <a href="#">Teaching Progression: Push Jerk</a></li> <li>• <a href="#">I Taught the Push Jerk and They Never Came Back</a></li> <li>• <a href="#">How To Win Friends and Influence Push Presses</a></li> <li>• <a href="#">The Lowly Push-Up Revisited</a></li> <li>• <a href="#">A Fresh Take on the Lowly Push-up</a></li> <li>• <a href="#">Movement Worksheet: The Air Squat</a></li> <li>• <a href="#">Watch Squat Therapy with Dennis Marshall</a></li> <li>• <a href="#">CrossFit Movements</a></li> </ul> <p><b>CrossFit Online Courses</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CrossFit Anatomy Course</a></li> <li>• <a href="#">CrossFit Dumbbells Course</a></li> <li>• <a href="#">CrossFit Running Course</a></li> <li>• <a href="#">CrossFit Spot the Flaw Course</a></li> <li>• <a href="#">CrossFit Teaching Movement Course</a></li> </ul>
<p><b>NUTRITION</b></p>	<p><b>Online Resource</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Nutrition: Implementing Quality and Quantity</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Nutrition Course</a></li> </ul>

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<b>PREGNANCY AND POSTPARTUM</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Returning to Play After Having a Baby</a></li> <li>• <a href="#">Coach, We Have a Baby on Board!</a></li> <li>• <a href="#">List of Pregnancy and Post-Partum Resources</a></li> </ul>
<b>PROGRAMMING</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Programming Basics: Part 1</a></li> <li>• <a href="#">Programming Basics: Part 2</a></li> <li>• <a href="#">Webinar On Demand: Programming With Adrian Bozman (CF-L4)</a></li> <li>• <a href="#">Programming Considerations in the Level 2 Training Guide</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CrossFit Programming Course</a></li> </ul>
<b>SCALING</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Scaling Professional Training</a></li> <li>• <a href="#">Professional Training: Scaling, Part 1</a></li> <li>• <a href="#">Professional Training: Scaling, Part 2</a></li> <li>• <a href="#">Scaling CrossFit Workouts</a></li> <li>• <a href="#">Scaling CrossFit Workouts with Nicole Christensen and Jeremy Gordon</a></li> <li>• <a href="#">Worksheet: Scaling CrossFit Workouts</a></li> <li>• <a href="#">Scaling Options Cheat Sheet</a></li> <li>• <a href="#">Worksheet: Scale Your Own Workout</a></li> </ul> <p><b>CrossFit Online Course</b></p> <ul style="list-style-type: none"> <li>• <a href="#">CrossFit Scaling Course</a></li> </ul>
<b>SELF-EFFICACY</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Increasing Self-Efficacy Through Mastery</a></li> <li>• <a href="#">Self-Efficacy Through Vicarious Experiences</a></li> </ul>
<b>SPECIAL POPULATIONS</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Coaching Veterans and First Responders</a></li> <li>• <a href="#">Interview With Terrence Ogden of Project Grit</a></li> </ul>
<b>WARM UP</b>	<p><b>Online Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Watch a Full Class Warm Up</a></li> <li>• <a href="#">Worksheet: The Warm-Up Worksheet</a></li> </ul>

Topic	Link
<b>WEIGHTLIFTING</b>	<b>Online Resources</b> <ul style="list-style-type: none"><li>• <a href="#">Read: In Defense of High-Rep Olympic Lifts</a></li><li>• <a href="#">Watch In Defense of High-Rep Olympic Lifts</a></li><li>• <a href="#">An Interview With Mike Burgener</a></li><li>• <a href="#">Real-World Coaching With Coach B</a></li><li>• <a href="#">Why Don't You Just Say Jump?</a></li><li>• <a href="#">Real-World Coaching With Coach B - Garage Session</a></li><li>• <a href="#">The CrossFit Coach: Sage and the Burgener Legacy in CrossFit Weightlifting</a></li></ul>