

The Swim Coaching Bible The Coaching Bible Series

The Coaching Bible The Football Coaching Bible The Coach's Bible The Swim Coaching Bible Volume I The Baseball Coaching Bible The Baseball Coaching Bible The Fca Coach's Bible The Basketball Coach's Bible The Volleyball Coaching Bible The Coaching Calendar: daily inspiration from the 'Stress-less' Coach The Hockey Coaching Bible Coaching Better Every Season The Volleyball Coaching Bible, Volume II Fit & Active The Soccer Coaching Bible Christian Life Coaching Bible Workbook COACHING BIBLE How To Manage Your Mammoth The Softball Coaching Bible, Volume II Christian Life Coaching Bible Ian McDermott Fellowship of Christian Athletes Dick Hannula Jerry Kindall Jerry Kindall Fca Staff Sidney Goldstein Donald Shondell Jeff Hutchens Joseph Bertagna Gilbert, Wade American Volleyball Coaches Association (AVCA) Maureen K. LeBoeuf National Soccer Coaches Association of America Dennis Gomas HUS. BOZKURT Wendy Jago National Fastpitch Coaches Association Dennis Gomas The Coaching Bible The Football Coaching Bible The Coach's Bible The Swim Coaching Bible Volume I The Baseball Coaching Bible The Baseball Coaching Bible The Fca Coach's Bible The Basketball Coach's Bible The Volleyball Coaching Bible The Coaching Calendar: daily inspiration from the 'Stress-less' Coach The Hockey Coaching Bible Coaching Better Every Season The Volleyball Coaching Bible, Volume II Fit & Active The Soccer Coaching Bible Christian Life Coaching Bible Workbook COACHING BIBLE How To Manage Your Mammoth The Softball Coaching Bible, Volume II Christian Life Coaching Bible *Ian McDermott Fellowship of Christian Athletes Dick Hannula Jerry Kindall Jerry Kindall Fca Staff Sidney Goldstein Donald Shondell Jeff Hutchens Joseph Bertagna Gilbert, Wade American Volleyball Coaches Association (AVCA) Maureen K. LeBoeuf National Soccer Coaches Association of America Dennis Gomas HUS. BOZKURT Wendy Jago National Fastpitch Coaches Association Dennis Gomas*

coaching has become an integral part of our lives but people still need to know how to make the most of what coaching can offer the coaching bible is the only book on coaching that you need it offers unique valuable and expert advice to help you if you are thinking about getting a coach to help you become more effective you commission coaching to develop other people you are considering becoming a coach yourself you are already a coach and want to extend your knowledge and your skills you want to learn how to adopt a coaching approach to your own life this is a comprehensive and authoritative guide to the key principles and techniques that make coaching one of the most powerful and exciting tools for furthering personal and professional effectiveness it explains what works and why and includes a new coaching model to benefit everyone

the football coaching bible features many of the game's most successful coaches each shares the special insight advice and strategies they've used to field championship winning teams season after season

the coach's bible features the nlt translation and contains 365 devotions written by coaches for coaches of all sports to equip them for their own walk with god and be a rich resource for conversation with and counsel for the athletes they lead additional features include presentation page coach's mandate coach's prayer and content competitor's creed and more than winning gospel presentation makes a great gift

the swim coaching bible offers you an all star international cast of swimming experts sharing their knowledge on producing the most successful individual athletes and teams in the sport this book is sure to be a classic one that swimming coaches reach for again and again specifically the swim coaching bible covers the key principles of coaching and program administration conducting effective practice sessions teaching techniques for every stroke and training programs for every event endorsed by the world swimming coaches association the book shares the wisdom of the world's best coaches who address the topics they know best contributors include richard quick believing in belief jean freeman putting fun into the swimming experience peter daland coaching with integrity john leonard tailoring your approach to specific competition levels jack bauerle administering and marketing a winning program skip kenney developing a successful team bill sweetenham maximizing a swimmer's talent development jill sterkel long and short range planning bruce r mason putting science into practice deryk snelling applying the art of coaching rick demont freestyle technique dick hannula backstroke technique pablo morales butterfly technique david salo breaststroke technique john trembley and gary fielder starts turns and finishes michael bottom freestyle sprint training doug frost freestyle middle distance training dick jochums freestyle distance training eddie reese backstroke and butterfly sprint training bill rose backstroke and butterfly 200 meter training jon urbanchek breaststroke training dick shoulberg individual medley training david marsh relay training randy reese power training don gambriel preparing to excel in competition this is without question the most prolific and authoritative group ever assembled in a single swimming book the swim coaching bible is a book that will be treasured for many years to come

presents a comprehensive guide to coaching baseball with contributions from twenty seven coaches who share their secrets to winning and offers advice on building and managing a program practice sessions team strategies player motivation and leadership and making baseball fun

the fca coach's bible is compact sized and bound in leather so that it is durable and travels well it features 365 devotions written by coaches for coaches of all sports that will equip coaches for their own walk with god and will be a rich resource for conversation with and counsel for the athletes they lead in addition to the 365 daily devotions the bible contains an extended devotion by tony dungy the fca coach's bible is the hcsb translation with study helps and features the fca logo on the cover makes a great gift

described by knowledgeable coaches as long overdue and more detailed than any other book on the fundamentals the author who has successfully coached both men's and women's teams spent three years writing this practical action book so that anyone can coach

now for the first time in the sport of volleyball you can learn from the most successful u.s. coaches and apply their approaches to your own program in the volleyball coaching bible 24 of the top u.s. men's and women's volleyball coaches share their principles insights strategies methods and experiences to help you learn new and better ways to coach the game and develop your players

the coaching calendar is a thought for each day based on jeff's reflection on a variety of quotes from the coaching world with around five minutes a day you can literally change your world around as you self coach yourself to a more stress less life all you need to bring is your journal an open mind and a commitment to transform your life for the better do you want a better life for yourself are you looking for a successful and fulfilled existence are you looking to shape the life of your dreams then invest in yourself each day with jeff's promptings and see the difference you can make to your

life in just five minutes a day are you ready for the challenge

featuring the insights strategies and experiences of the sport s top coaches the hockey coaching bible sets a new standard for those who teach the game develop the players and dominate the ice whether head coach or assistant at the youth level or professional you will find a wealth of information to improve performance and strengthen your program you ll go inside the game with 16 of hockey s most respected teachers joe bertagna bill cleary tom anastos guy gadowsky mike schaffer marty palma hal tearse mike cavanaugh jack parker rick comley mark dennehy ben smith e j mcguire george gwozdecky nate leaman mike eaves every facet of coaching is covered the book features the most effective drills for developing players at each position and in game strategies for various game situations including offensive defensive and neutral zone play and power plays and penalty kills in addition to on ice xs and os you ll find sage advice for building a program from the ground up furthering your professional development as a coach and gaining community and parental support for projecting a positive image and earning the respect of your players and supporters never has there been a more comprehensive coaching resource on the game with the hockey coaching bible you ll build your program into a powerhouse

presents the best coaching methods and practices for each season on the sport calendar pre season in season post season and off season and offers specific actions tools and guidelines for coaches to create a cycle of continuous improvement for themselves their athletes and their teams

learn how to establish a successful high school college or beach volleyball program in this resource 20 successful volleyball coaches share how to set expectations build a positive and winning culture recruit and run camps endorsed by the avca the book includes drills used by top coaches for each position developing a scouting report as well as in game strategies for match situations

we all know the dilemma kids are tuning in to tvs and video games and tuning out physical activity as a result kids are more overweight than ever more than half of the adult population in the united states are overweight and almost a third are clinically obese an obvious answer is to become and stay fit through regular physical activity the authors of fit active the west point physical development program know this and in response they developed a program at west point the academy that s been educating u s military and political leaders for over 200 years now you can use the west point fitness program to meet the needs of your students fit active the west point physical development program is a practical ready to use resource that will help you inspire the kids under your charge to be more physically active it includes the following features the system that has worked for the authors in their west point program along with detailed strategies for modifying their approach for various ages and environments activities and ideas that have been reviewed by high school physical education teachers to ensure the suggestions are appropriate for high school students new ideas and information that will help you improve your program assessment strategies to help you meet state and national physical education standards at west point fitness is seen as a solid foundation for emotional and intellectual well being and as a way to help prepare students for a lifetime of health physical activity and success in the classroom and beyond with that in mind the authors focus on how to develop and assess your program in part i and in part ii they provide core activity courses including basic movement swimming boxing self defense and obstacle courses that develop motor skills in part iii they delve into wellness and personal fitness strategies workout designs assessments and related issues and in part iv they outline courses for lifetime activities such as tennis golf ice skating and rock climbing as a result you get a comprehensive resource that is easy to use well illustrated adapted for high school and appropriate for a variety of groups and one that will also help you meet state and

national standards along the way your students will learn leadership skills through sports and become motivated to make physical activity and fitness an integral part of their lives long after they leave school

this text covers different styles of coaching program development and management optimal training and practice sessions technical and tactical insights and professional growth opportunities as a coach

the christian life coaching bible workbook is designed to go along with the text book entitled christian life coaching bible by rev dennis c gomas the table of contents and sub headings come directly from the table of contents of the original text book this workbook is designed for use by teachers and students in a structured classroom setting each module of which there are eight contains objectives for each chapter a portion of the table of contents that applies containing sub headings and a full set of questions and answers to accompany the chapter or chapters being covered

how to manage your mammoth draws on a single coaching technique bite sizing to help you manage issues and tasks that you find difficult overwhelming or impossible you can use bite sizing to break down a difficult task or build up to a goal experienced psychotherapist and coach wendy jago draws on her work with business professionals worldwide in the banking and commercial sectors to provide a user friendly guide packed with short snappy exercises to help even the worst procrastinators how to manage your mammoth will cover how you naturally approach problems do you hone in on the details specifics straight away or do you think of a problem in its entirety rather than its parts how much energy and stamina do you have to draw on what is your natural attention span the book will show you how to work with your natural energy and attention levels and not against them how we unintentionally create mammoths and how we can avoid doing so what to do when other people in your life have a different way of managing tasks that conflicts with your style how do you work together to get the job done how much can be achieved in very small chunks of time known as twenty minute miracles

in the softball coaching bible volume ii the nfca has assembled a stellar lineup of coaches who share the insights that have helped them establish successful programs this book presents the most comprehensive information on fielding hitting training forming a coaching staff and helping develop well rounded student athletes

christian life coaching is a powerful experience that assists you in becoming your very best self as you find god's plan for your life with the help of the holy spirit everyone has the ability to envision a bright future but sometimes in life we get stuck in a bit of a rut and wonder how did i get here and how do i get out christian life coaching is not merely a technique that is applied when things go wrong you may benefit greatly when things seem to be going well in your life yet still want to be on top of your game this book will familiarize the reader with the various elements in the performance of christian life coaching we will cover the different aspects of how a christian prepares for a life coaching career my book is ideal for someone who is trying to become familiar with the subject from a biblical point of view with a christian emphasis whether they are just curious what it is all about or those more serious planning to enter into the profession it is not filled with theories but instead is a practical recount of the various issues dealing with christian life coaching think of it as a sort of commentary from an ordained minister's point of view on the material taught in life coaching training classes that you would normally have to pay for my coaching training was at new life coach inc a non profit organization that trains and certifies christian life coaches the conversation model we were taught there came from gary collins mind mapping model in his book christian coaching when you finish reading my book you should be familiar with the steps involved in coaching a client how to prepare for a session the

kind of conversational model you may choose and the christian emphasis that is placed on keeping the session flowing with the holy spirit

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