

Winning Softball Drills A Complete Drill Book For Coaches

Paperback

Book Yourself Solid for Coaches and Consultants
The British Canoe Union Coaching Handbook
Theory and Practice of NLP Coaching
The Most Powerful Techniques To Hypnotize Your Lover
Redefine Coaching & Athlete Development in Sports
The Island
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Coach, There Is Hope!
Avoiding Stress and Burnout from the Things You Cannot Control
7 Keys to Being a Great Coach
The Coaching Companion
The Complete Handbook of Coaching
Coaching for Character
Scholastic Coach
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a manual of coaching techniques advice and guidelines for the canoe and kayak coach this book is a mine of useful information and practical tips if you aspire to be a better canoe or kayak coach this is the book for you the book divides into three sections part one deals with coaching theory and fundamentals such as psychology and physiology explained in terms that make sense to a practical coach part two looks at generic coaching skills that will provide useful tools whatever discipline the coach is involved in it works its way from introducing people to canoesport right through to coaching elite athletes part three looks at specific aspects of canoesport such as slalom racing sea kayaking white water kayaking open

canoeing and freestyle

packed with practical hints and tips case studies and exercises this book demystifies the popular view of nlp providing a clear and practical guide to understanding the psychological theories and principles that form the basis of the approach

yes you too can learn and practice hypnosis you can use it to hypnotize your lover friends and even strangers and this practical guide on hypnosis will explain you in a comprehensive way how to learn this powerful skill as the techniques set forth here lead to real in depth hypnosis the book is less recommended for performing stage hypnosis included in this guide are the structure of the hypnosis proces ready to use word for word induction and deepening scripts practical approach to suggestions anchoring and post hypnotic suggestions detailed examples of hypnotic language pattern etc hypnosis is a skill which means that reading about it is only just the beginning putting the techniques into practice is the necessary next step to get true results the description of the techniques is therefore conceived in such a way that you can easily create your own flash cards to guide you through this wonderful experience why wait any longer start this wonderful new adventure today

redefine coaching athlete development in sports is the first book to combine academic research professional experience and applied practice to redefine the way in which sports coaching is delivered and how athletes are developed written by lee waddington a leader in the field of soccer coaching learning content creation and delivery and currently a practicing coach this book clearly and concisely introduces the academic evidence for how the framework to freedom system can be applied to practice both on and off the field the framework to freedom system focuses on the child as a whole rather than playing abilities only it examines four key areas coaching care connectivity and consumption using sport as the cornerstone the system develops each individual child through a unique coaching program that uses a game based approach underpinned by the science of learning outlined in the chapters are current issues within sports coaching such as blocked practice individual rather than team development and the 10 000 hour myth as well as creative solutions for these issues these solutions are supported by academic research from several disciplines such as neuroscience sports science and psychology through its clear

structure the book allows coaches and parents the opportunity to gain a genuine understanding of the science of learning that underpins the framework to freedom system and the unique way in which they can deliver practice to support each individual athlete the book is an essential resource for any sports coach parent or student wishing to develop a new way of using evidence based theory and methodology to create practices that develop strong athletes and outstanding individuals

this book was created to help coaches of all sports at any level empower their athletes beyond their athletic ability the words written go beyond the normal daily routine and application for coaches each chapter was made to help give coaches ideas and exercises to help their players reach their full potential using my real life experiences as a person player and coach as an example as coaches we have an obligation to set our players up for success not only in their respective sport but in life roberto clemente said any time you have an opportunity to make a difference in this world and you don't then you are wasting your time on earth it is my hope that coaches will take the thoughts and ideas from this book and apply them to their programs and empower their athletes to reach heights they previously thought to be impossible

an introduction to coaching skills is an invaluable resource for novice and trainee coaches its accessible step by step style acquaints you with the key skills needed to become a successful coach and with its focus on the applied side of coaching the book is an essential text for anyone starting out on their coaching voyage from the how to through to practicalities and challenges and honing existing skills this book covers definitions of coaching how to become a coach key coaching skills current coaching models practical tools and techniques reflective practise and how best to help others with evidence based research activities and suggestions for further reading this is a clear and practical all you need guide to becoming a coach

this practical guide is for anyone contemplating coaching as a career coaches in training coaches already trained and hoping to build a thriving business this totally revised second edition offers step by step guidance on what to do what does it take to succeed as a coach how long does it take why it matters to get practice clients and where to find them why is it so important to think like a buyer rather than like a

seller what can you charge how do you make yourself distinctive in a crowded market what do you need to do to attract clients which marketing materials and methods pay off and which are a waste of time how can you exploit social media overcoming your fear of selling how to sell with integrity going for growth what is involved in building an even bigger business jenny rogers has the rare ability to offer the lessons of decades of experience in ways which are practical to implement and easy to absorb this book is comprehensive offering both high level concept and lots of important details on the kinds of things that differentiate the successful coaching professional from the crowd phil hayes chairman management futures uk another great book from jenny rogers as always with jenny s books a new edition does not simply mean a few typos corrected and a couple of new references jane cook managing director linden learning uk in a marketplace crowded with quick fixes and unrealistic promises this book is a breath of fresh air leni wilflower phd pcc knowledge based coaching in the workplace fielding graduate university usa this book is a must read for anyone who wants to earn a living through coaching susan binnersley md h2h resources limited uk this is a book that challenges and inspires and you will find yourself recommending it to other people who may not even be coaches margaret kelly executive coach margaret kelly consulting uk ireland this book is an obvious must for anybody who wants to build a coaching business but i would also recommend this inspiring and comprehensive book to anybody who thinks of different options in their professional life dorota porażka vice president of the board doradca consultants ltd poland i strongly recommend this book ana oliveira pinto executive coach portugal this book is a must for coaches wanting business success jacqui harper inseed lecturer communication coach author speaker a must read for anyone wanting to build a coaching business mark wakefield director vogel wakefield the counter consultancy uk a clear systematic and down to earth primer on how to start build and maintain a professional coaching business clare brigstocke executive coach lateralshift jenny rogers earlier developing a coaching business has been a mainstay for meyer campbell graduates for years but this new version is even better daniel burke chairman meyer campbell

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59 lessons reveals the secrets learned first hand working around the world with the greatest coaches athletes and special forces learn how the most successful people lead manage and win in the most demanding environments

coaching has become a core driver of performance improvement within organisations and so coaching skills are much in demand by coaches managers and individuals based on gill graves own experience as a coach and her acclaimed coaching skills workshops this book presents a proven toolkit of models ideas and exercises that are immediately useable to enhance your coaching ability read this book and learn how to 1 create an environment conducive to coaching 2 structure an effective coaching session 3 use creative tools and techniques when coaching 4 tailor your coaching to the needs of the coachee 5 develop yourself to be the best coach you can be

this fully revised 3rd edition of 50 top tools for coaching will equip you with the techniques you need to comfortably face every coaching situation and know that you are prepared to do the best for your client learn how to assess the needs of your clients select the right tools to use to match the circumstances and deliver effective coaching with confidence a complete resource for both in house and external coaches the book covers all the key areas from the start of an assignment to its finish including setting up and managing the coaching relationship understanding and resolving problems and conflict increasing your client s confidence and enhancing their performance communication and influence and developing a leadership style

dr rosemond s informative book for coaches deals with the often overlooked causes and effects of stress on coaches of all sports and levels from middle school to professionals and candidly relates from years of first hand experience proper ways to deal with the difficulties faced by the coach in today s ever changing perplexing world she also deals with avoiding burnout something which also affected her personally in my opinion reading and following the advice in this book can make all of the difference for a coach in coping and failure

discover the keys to coaching greatness regardless if you re just starting out as a young coach or you have a wealth of years in experience this is one book you certainly can t afford not to read mccaw s new book 7 keys to being a great coach beyond the xs os of athletic coaching provides every coach and leader with the 7 keys to success in the sports and performance coaching game world renowned sports performance coach keynote speaker allistair mccaw condenses the wisdom he s gained through more than 22 years of experience having worked with numerous olympians grand slam winners and world champion athletes 7 keys to being a great coach includes an array of fascinating stories and examples from his own personal journey in competitive sports and coaching what he s learned from working with some of the world s best athletes and coaches in the business as well as insights into his methods of coaching in his book mccaw reveals the 7 vital keys he feels are the most important to being a great coach and leader mccaw won t only motivate and inspire you to review and upgrade your coaching methods but your lifestyle habits too a highly recommended read for all coaches out there who aspire to be great testimonials a great coach is not only someone who is knowledgeable and inspirational but someone who can adapt to the individual and understand them allistair is one such coach jack green olympic british team 400m hurdler european u 23 champion i am happy to say that allistair was a part of my career and had a great way of always making me believe in myself more dinara safina former world 1 ranked tennis player i try to emulate allistair s professionalism and standards everyday he is a world class performance coach and sports mentor delaney collins 3x iihf world champion in women s hockey current coach of canadian national team programs this book is a must for any coach who wants to improve david palmer former 2 x squash world champion and world 1 ranked player allistair is a one of a kind coach he puts the person before the athlete he leads by example and his proven methods of coaching definitely works patrick mcenroe espn sports commentator former usa davis cup coach

the coaching companion is a short book written to new coaching clients it is our hope to put this resource into the hands of every person who receives professional coaching whether in the domain of leadership career health or life use of this resource will elevate the quality of coaching for even the most masterful of coaches why the impact of coaching is a result of not only the coach s skill but also the clients ability to fully leverage the coaching they receive coaches skills are based on hundreds if not thousands of hours of training and experience clients on the other hand have few if any resources or experiences on

which to build their capacity to be coached given that the coach's success is by definition the client's success we believe that building client's capacity to be coached is a critically important clients consider this you are investing your time and resources in coaching you have made every effort to select the best coach and you're hoping that this coach can help you succeed in at least one big way the coaching companion is filled with guidance on how to maximize your coaching experience it will help you prepare for coaching conversations communicate your goals and experiences clearly translate insight into action and ultimately maximize your return on investment coaches consider this our clients are more than half the equation how they show up and what they do throughout the coaching process determines their success any by extension ours rarely do we as coaches have the time we might like to prepare our clients to get the most from their coaching experience and rarely are we sitting with our clients when they come across the situations they can learn from the coaching companion helps our clients understand the importance of their role in the growth process so that they may approach their personal and professional development more thoughtfully and intentionally it will allow you their coach to get more quickly into meaningful conversation integrating the coaching companion into your practice is simple gift this book to your clients at the beginning of each engagement consider which chapters you'd like them to read prior to your kickoff session and where other chapters may support your style and approach to coaching along the way

this comprehensive guide to coaching explores a full variety of coaching theories approaches and settings and offers strategies for the reader to identify and develop a personal style of coaching written by leading international authors each chapter makes explicit links between theory and practice and generic questions will facilitate further reflection on the topic there are also suggestions for reading and short case studies this is the first book to explore the differences between the theoretical perspectives of coaching and the links between these perspectives in relation to contexts genres and media of coaching

provides guidelines to help coaches teach their players respect for opponents teammates officials coaches and the rules and traditions of the game

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