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Produced by the American Sport Education Program (ASEP) and written by ASEP founder Rainer Martens, Successful Coaching serves as the text for ASEP's Coaching Principles course. This course is used by many colleges and universities and endorsed by numerous state high school associations and other sport organizations as the preferred professional development program for their coaches.

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Includes chapters by Brian J. Sharkey on: Principles of training; Fitness for sport; Developing your training program, and Nutrition for athletes.

Much is expected of you as a coach. On any given day, you may play the role of educator, physiologist, business executive, and psychologist. "Successful Coaching" provides a blend of the latest sport science research and hands-on experience and best practices of highly experienced coaches.

In this inspirational yet practical book, the man Parade called "the most important coach in America," subject of the national bestseller *Season of Life*, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can

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Impact young people

as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. InSideOut Coaching explains how to become a transformational coach. Coaches first have to “ go inside ” and articulate their reasons for coaching. Only those who have taken the InSideOut journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports. He describes his own InSideOut experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann ’ s message and learn how to make sports a life-changing experience.

"Directing Youth Sports Programs is loaded with helpful tools to get your program on the right track, including sample recruiting plans, job descriptions for coaches, a sample calendar of events, a first aid inventory, emergency medical information, and up-to-date addresses and reference information. You'll also find more than 30 forms and 20 practice exercises to use to organize and manage your program, plus a unique Sport Event Planner - an indispensable tool to guide you through the process of planning youth sport events." "Whether you're a novice youth sport director looking for a user-friendly handbook or

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an experienced administrator in search of a strategic reference, turn to ASEP for the ideal resource: Directing Youth Sports Programs."--BOOK JACKET.

Philosophy of coaching - Motivation - Leadership skills - Communication skills - Stress management - Developing self-confidence - Goal setting.

A comprehensive review of competitive anxiety research that has used the Sport Competition Anxiety Test, or SCAT (a trait scale), and the Competitive State Anxiety Inventory-2 (CSAI-2), as well as a description of the theoretical basis and development procedures for each scale. The actual scales for both SCAT and the CSAI-2 are contained in the text. Acidic paper. Annotation copyrighted by Book News, Inc., Portland, OR

Drawing on more than five decades of experience as a judo champion and instructor of champions, Hayward Nishioka shares his knowledge and delves into the collaborative relationship between competitors and their coaches to illustrate how an effective partnership brings about personal success.

The nearly two dozen case studies in this timely book will help future and current coaches of school sports develop successful strategies to avoid or overcome challenges and become more aware of the need to remain professional and consider the implications of their actions. Based on real-life situations, it considers ethical and practical dilemmas from sports in locations across the country. These compelling case studies illustrate everyday scenarios-such as teaching style conflicts, scheduling issues, cheating, confidentiality decisions, and working with over-involved parents-that occur in school coaching and athletics. The cases and thought-provoking discussion questions that follow allow readers to work through the types of dilemmas they will face in their coaching careers and then carefully formulate their responses and



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decisions. A resource list for each case allows readers to further explore the issues and develop their personal responses to each situation. An accompanying instructor's manual, available upon adoption, includes possible responses to all discussion questions.

Numerous coaching books cover the skills and drills of basketball, but very few hit on the tactical skills of the game—the situational decisions players and coaches make that often determine the outcome of games. That's where *Coaching Basketball Technical and Tactical Skills*, an American Sport Education Program (ASEP) publication, stands out. Written by Kathy McGee, the winningest high school girls' basketball coach in Michigan, in consultation with USA Basketball's Don Showalter, this book will prepare you to be a better teacher and tactician of the game whether you coach men's or women's basketball. Technical skills (such as dribbling, shooting, and rebounding) are examined in depth, as are the tactical skills (such as the give-and-go, backdoor cut, and trapping). More than 195 photos and illustrations bring the basic to intermediate skills to life, while sample season and practice plans will help you in your preparation. You'll find quick tips on how to detect and correct errors in both male and female athletes, cues they need to be aware of in various tactical situations, and key information they need in order to make the appropriate on-court decisions. Produced by ASEP and endorsed by the Women's Basketball Coaches Association (WBCA), this book serves as a resource for the *Coaching Basketball Technical and Tactical Skills* online course, a part of ASEP's Bronze Level Professional Coaches Education Program. Numerous state high school associations, colleges and universities, national sport organizations, and national governing bodies of Olympic sports use the Bronze Level in whole or in part to qualify coaches. The Bronze Level prepares coaches for all aspects of coaching and is a recognized and respected credential for all who earn it.

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