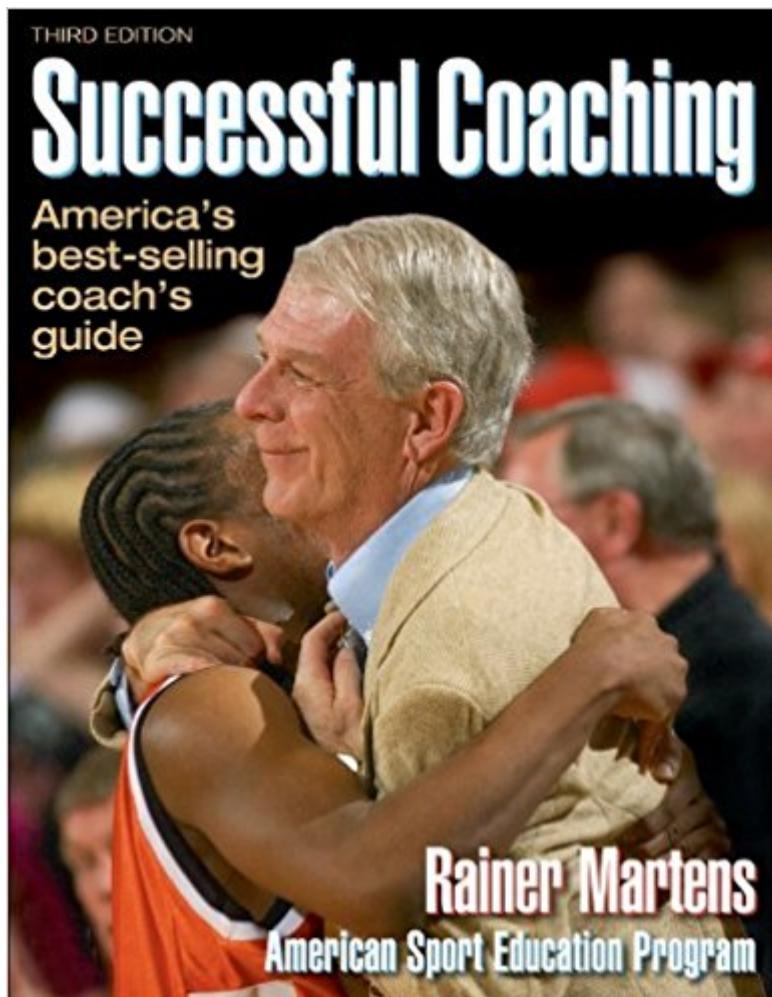


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# Successful Coaching - 3rd Edition



## Synopsis

Being a successful coach is not just about Xs and Os and winning games. It's about coaching young people to become successful athletes and successful human beings. But unless you already have the teaching skills of an educator, the training expertise of a physiologist, the administrative leadership of a business executive, and the counseling wisdom of a psychologist, you will rely on this third edition of *Successful Coaching* to discover how to excel as a coach.

*Successful Coaching* offers an in-depth introduction to the coaching profession and is specifically written for the high school and serious club coach. Integrating the latest sport science research with practical knowledge acquired by highly experienced coaches, this book features new sections on sportsmanship, coaching diverse athletes, managing athletes' behavior, preventing and addressing drug and alcohol abuse, and coaching using the games approach. Five sections serve as the foundation for the book: *Principles of Coaching* emphasizes the value of a coaching philosophy and how to achieve the three major objectives of coaching: create a team of winners; help young people have fun; and motivate young people to develop physical, psychological, and social skills. Featured is a new chapter devoted to coaching diverse athletes, in which coaches learn about developmental differences in youth, cultural and gender differences, and differences in physical and mental abilities. Also new are specific guidelines on sexual harassment, sexual relations, and homosexuality in sport, making *Successful Coaching* the first book to offer written guidelines that address these issues. *Principles of Behavior* discusses how to communicate and motivate players, as well as manage problem behaviors among athletes, using a positive discipline approach. *Principles of Teaching* introduces the games approach to coaching and details how to incorporate this new approach into teaching technical and tactical skills. Coaches will learn how to develop an instructional plan for each practice and for the entire season. *Principles of Physical Training* includes five new chapters on training basics, training for energy fitness, training for muscular fitness, nutrition, and battling drugs. Coaches will learn to develop training programs for better sport performance and to ensure the health and safety of their athletes. *Principles of Management* covers the interpersonal and administrative basics required for building a solid coaching foundation that emphasizes team, relationship, and risk management. Helpful advice on working with fellow coaches, administrators, officials, medical personnel, parents, and the media is also included. With more than 500,000 copies sold since the release of the first edition, *Successful Coaching* is the best-selling general coaching book ever published. 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. Each year, more than 25,000 coaches take this course to further their professional development and meet coaching certification requirements. Successful Coaching, Third Edition, was reviewed by the National Association for Sport and Physical Education (NASPE) and the National Council for Accreditation of Coaching Education (NCACE) and complies with the NASPE National Standards for Sport Coaches and the NCACE Guidelines for Accreditation of Coaching Education.

## **Book Information**

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## **Customer Reviews**

From AthletesAdvisor.com "This book covers a lot of topics and usually books that tackle this much content fail to go deep enough in each area. Not in this case! "Successful Coaching"'s rich use of visual aids and sidebar content add to the text of each section with great success and clarity."

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Pros:- lots of topics- chapters are well-categorized and information within them make sense- good for any sport (though it does have somewhat of a basketball lean)- lots of good info-graphics, tables, checklists, pictures, etc so you are not just reading listlessly- good information for all levels of

coaching- the list goes on and on - this is quite possibly the best book I have bought from so far  
Cons:- Big (over 500 pages)- Would like to see more info in the "practice as games (paraphrase)" section- Some information in the supplement breakdown is contrary to the information I am familiar with\*\* Added Bonus \*\*Apparently this book is also the curriculum for a college course, so whether you are just thinking about buying it and want more information, or you already own it and want a "quick reference" there is a very good support site here:[...]I have read several books on coaching, and this is by far, the most comprehensive. It is easy to read and quite informative. Covers areas including self-assessment, tactical and technical coaching, practices, psychology, communication (with players, officials, even assistant coaches!), staff management, and even record keeping!

This should be required reading for all coaches, sports instructors, Martial Artists and parents. A step by step manual on how to guide young folks into a happy life with sports and living in general. The writing seems to be on the 8th grade level but the ideas are all college graduate! There is an updated version of this book that has newer and more complete techniques for training. That is why this book only rates a 4 star. Ed

Decent read.

Great book for a coach to have

definitely used

This book was a great text for the course. Easy to read and comprehend concepts. Provides a good look into coaching and all it's parts.

good i really like the product. I will shop with this company again I would recommend this company to anyone

The book is very helpful, it really gives a lot of information, and teaches a lot, This book is highly recommended as well.

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