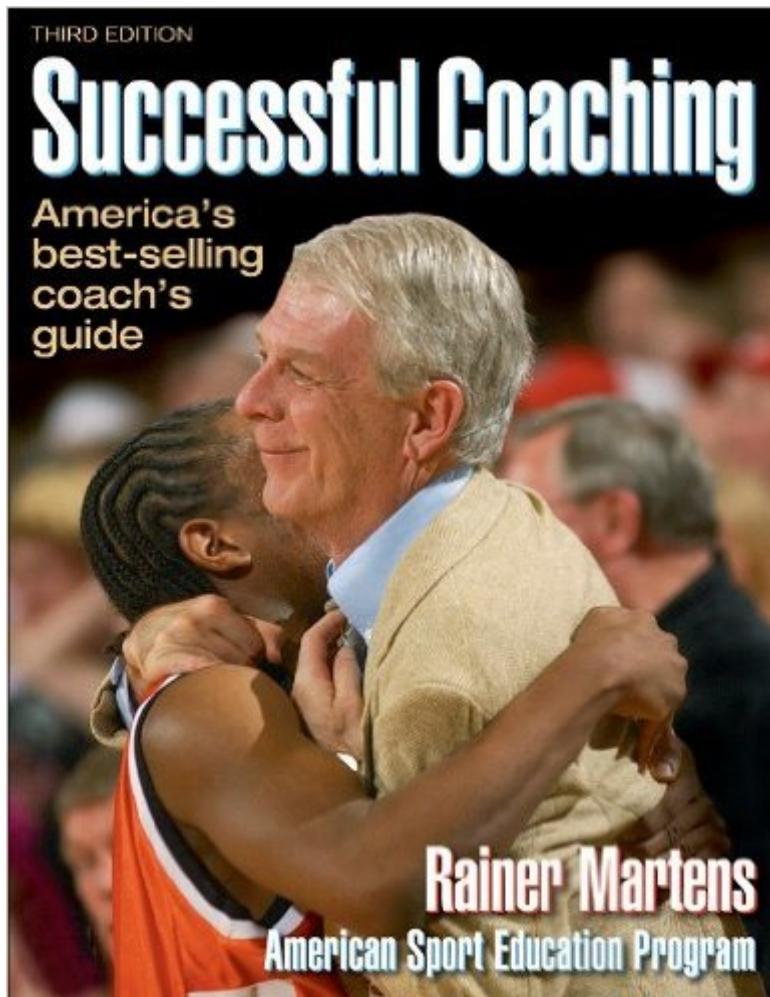


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# Successful Coaching - 3rd Edition



## 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**

This is THE best coaching book for beginner to intermediate coaches I have EVER read. I think so highly of this book that I feel all coaches should be handed a copy as soon as they sign up for a coaching job. This is the book that basically made me the coach I am today. When I first began coaching high school hockey, I sought coaching education in all the books I could find. But for a beginning coach, many of these books fell short with the simple fact that new coaches need to learn from the bottom up. This book not only remembers to teach you all aspects of coaching you will need to get started in coaching but hits on a lot of the aspects that you may not even have considered. This is the first book I read that hits upon the idea that coaching is more than X's and O's. Many coaching books fail to realize that organization is the key to successful coaching. Practice and season planning are covered in a way that a new coach can begin planning their season immediately. Physical conditioning planning and teaching plans are covered in a way that no matter what the sport is that you are coaching, you can apply the lessons taught. From how to

make up your season outline to how to set and reach your team objectives are covered to the point where you can gain the confidence you need to succeed. But also covered are things such as how to avoid legal problems, how to deal with parents and how and when to run meetings with both parents and players. These are the very details that most hockey or coaching books seem to leave out. And these are the very things that all new coaches need to get information on BEFORE they begin. And after coaching for four years on the high school level, I have needed ALL of the information I gained from this book. I can not recommend this book enough. EVERY COACH IN EVERY SPORT SHOULD OWN IT.

This book is THE book for anyone aspiring to coach. If you have the desire to coach but lack the knowledge, buy this book now! It can be a bit dry at times, but so can coaching. The bottom line is that it teaches a lot of things and teaches them well. One minor quibble is the book's hasty dismissal of command-style coaching. I think Martens is a little harsh in that regard. But, that's a nit-pick. The book is outstanding.

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 book is beyond just sports coaching. While the emphasis is on coaching the school age athlete, there is a lot of great material on motivation, teamwork, planning, execution and psychology that apply to the business world as well. The material covered in 5 units includes:  
\* Principles of Coaching  
\* Principles of Behavior  
\* Principles of Teaching  
\* Principles of Physical Training - including nutrition  
\* Principles of Management  
The book is an easy read, and great for any parent getting into

coaching, anyone who coaches athletics, or even a business manager looking for an edge. A good read.

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

This book is well written. As a high school coach for 25 years this book will help me to expand my thought process and teachings towards my athletes. Rainer Martens leaves no stones unturned. If you want to learn more about developing your coaching philosophy, style, motivation, teaching skills or managing your team, this book is for you.

Tremendous acquisition for any serious coach, very good details on how to know your athletes for better performance.

Great book for future and current coaches as well as sports related majors, from exercise science to sports management! Very informative and interesting. Price is affordable for the book and is well worth it.

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