



Practical Sports Coaching

From Routledge



Practical Sports Coaching From Routledge

Practical Sports Coaching is a thorough and engaging guide for all sports coaching students and practitioners. Drawing on real-life case studies and examples, the book is designed to develop practical coaching skills and provides readers with the methods and tools they need to become an expert coach. Structured around all facets of the coaching process, the text comprehensively covers topics such as:

- preparation for coaching
- mentoring
- the philosophy of coaching
- direct intervention
- coaching methods
- the use of modern technology.

The book's practical approach allows the reader to consider common challenges faced by coaches, suggesting solutions to performance concerns and preparing students for the realities of professional sports coaching. A companion website containing presentation slides and useful weblinks makes the book a complete resource for students and lecturers alike.

Practical Sports Coaching helps to bridge the gap between theory and practical coaching skills, and is an essential text for coaching students looking to deepen their understanding of sports coaching and experienced coaches developing their own practical skills.

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Editorial Review

About the Author

Christine Nash is currently Deputy Head of the Institute for Sport, Physical Education and Health Sciences at the University of Edinburgh in Scotland, UK, and also Programme Director for the new online MSc in Sport Coaching and Performance. She was a national swimming coach in the UK and has coached in the USA. She is currently involved in supporting coach education with a variety of sports. She is a member of the Coaching Standards Group, the committee that endorses coach education courses in the UK. She also sits on the research committee of the International Council for Coaching Excellence.

Users Review

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Samuel Stratton:

The book Practical Sports Coaching make one feel enjoy for your spare time. You can use to make your capable far more increase. Book can to become your best friend when you getting anxiety or having big problem with your subject. If you can make reading through a book Practical Sports Coaching being your habit, you can get considerably more advantages, like add your current capable, increase your knowledge about a few or all subjects. You may know everything if you like wide open and read a e-book Practical Sports Coaching. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other individuals. So , how do you think about this e-book?

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Andrea Winburn:

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