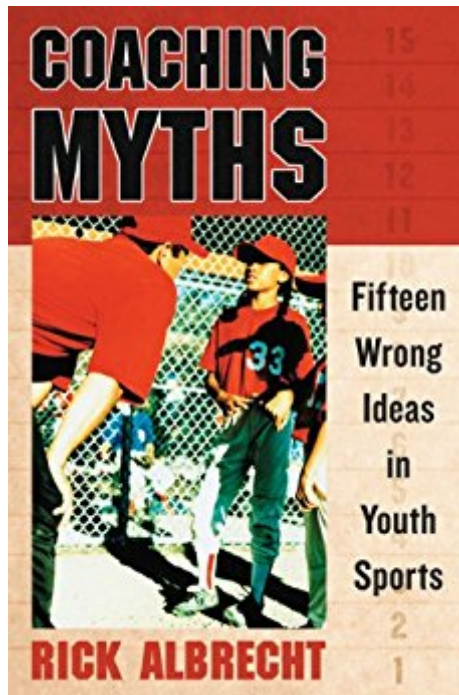




The book was found

Coaching Myths: Fifteen Wrong Ideas In Youth Sports



Synopsis

Unlike the generations of coaches that have gone before them, today's coaches are expected not only to teach motor skills to young athletes but to do so in an environment that is conducive to the ethical, emotional, social and physical well-being of each one of them. Each of the 15 chapters of this book presents, and then systematically debunks, the most pervasive, persistent and potentially harmful myths in coaching, including such chestnuts as "play by my rules," "winning is the ultimate goal" and "there's no I in ^team." Although the information in every chapter is based on current scientific evidence (and there are numerous source notes), each is written in the everyday language of coaches and covers topics that are of particular interest to coaches, parents, athletic administrators, recreation programming specialists and even the occasional fan.

Book Information

File Size: 6312 KB

Print Length: 243 pages

Page Numbers Source ISBN: 078647369X

Publisher: McFarland (April 19, 2013)

Publication Date: April 19, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00CFROGII

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #488,096 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #89

in Books > Sports & Outdoors > Coaching > Children's Sports #8584 in Kindle Store > Kindle eBooks > Nonfiction > Sports

Customer Reviews

This book is a Must Read if your child or teen is engaged in, or exploring participation in any sport. It is a tremendously helpful guide to the kind of coaching your child should receive, and the skills and

maturity level you and the coaches might expect at any given age of the child. The chapter on hazing is especially frightening. Coaching Myths should also be required reading for every coach, whether a professional or volunteer. It reads almost like a novel, is difficult to put down once started, and is an excellent investment in a young person's safety & enjoyment of sports!

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