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Download or print out forms as is, or customize them for your coaching situation or sport. Print handouts for advertising or distribution to athletes, parents or teams. Page 2 of the Sample Course Curriculum outlines suggestions for activities, assignments and topics of discussion Make your own tests and quizzes. Choose from hundreds of test questions. Download Respondus or RTF files formatted for LMS. The image bank includes all the numbers and tables from the text, sorted by chapters. Images can be used to develop a personalized presentation based on specific course requirements. Provided with an empty PowerPoint template so that instructors can quickly insert images from the image jar to create Presentations. Easy-to-use instructions are included. In the meantime you are evaluating a successful coaching text, we encourage you to consider taking the ASEP Coaching Principles course. 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Slideshare uses cookies to improve functionality and performance, as well as to provide you with appropriate advertising. If you continue to browse the site, you agree to use cookies on this site. See our Privacy Policy and User Agreement for more details. As America's best-selling coaching text, Successful Coaching has helped more than a million coaches develop their coaching philosophies; Improve your communication, teaching and management skills and understand their responsibilities as a coach. The updated fourth edition of Successful Coaching offers students as well as new and veteran coaches a comprehensive guide to every aspect of coaching. Written by Rainer Martens, a respected and renowned sports psychologist, longtime coach, and lifelong competitive athlete, Successful Coaching, Fourth Edition, details the principles, knowledge and skills that will help coaches build a foundation for their decisions and actions. Working on the text, the coaches will define their philosophy, define their goals and determine their coaching style. Then the coaches will learn to become qualified communicators and motivators, applying psychological principles and recommendations for positive management of the behavior of athletes. Knowing the skills needed for each sport is just as important as knowing how to teach and shape those skills. With successful coaching, coaches will become more effective instructors as they learn the game's approach to learning technical and tactical skills, a proven method of helping athletes become smart tactical players of their sport. Successful coaching also discusses the responsibilities of a team management coach and talks in detail about how to manage relationships with athletes, other coaches, administrators, medical staff, officials, parents and the media. The legal responsibilities of the coach and the risk reduction strategy are also considered. Readers will find the latest research in fitness and nutrition, including new information on creatine, energy drinks, caffeine, and hydration. Successful coaching also provides a direct discussion of drug abuse among athletes, offering all new content of methamphetamines, prescription drug addiction, and recommendations for drug testing. The side panels provide a focused insight into a range of coaching topics and offer personal encouragement and advice to coaches throughout the season. In addition, quotes from well-known coaches give an idea of what it takes to become a successful coach. Reflections questions at the end of each chapter encourage readers to think critically about the content and apply it to their current or future coaching situations. Written by Coach for Coaches, Successful Coaching combines recent research and accepted practices in sports sciences with practical advice from experienced coaching veterans. Successful coaching helps readers think critically about their motivation to be a coach and establish a coaching philosophy and style that pave the way for the performance of sports experience for coaches and their The fourth edition of Successful Coaching has been scrutinized to meet or exceed the guidelines of the National Accreditation Council for Coaching Education and to recommend national standards for sports coaches. Successful Coaching is the main text for the Coaching Principles online or classroom course offered by the American Sports Education Program (ASEP). The Coaching Principles is part of as a Bronze Level Coaching Certification, a three-step certification involving coursework required for coaching any sport, training first aid sports, and transferring advanced sports-specific knowledge. Knowledge. successful coaching 4th edition online pdf

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