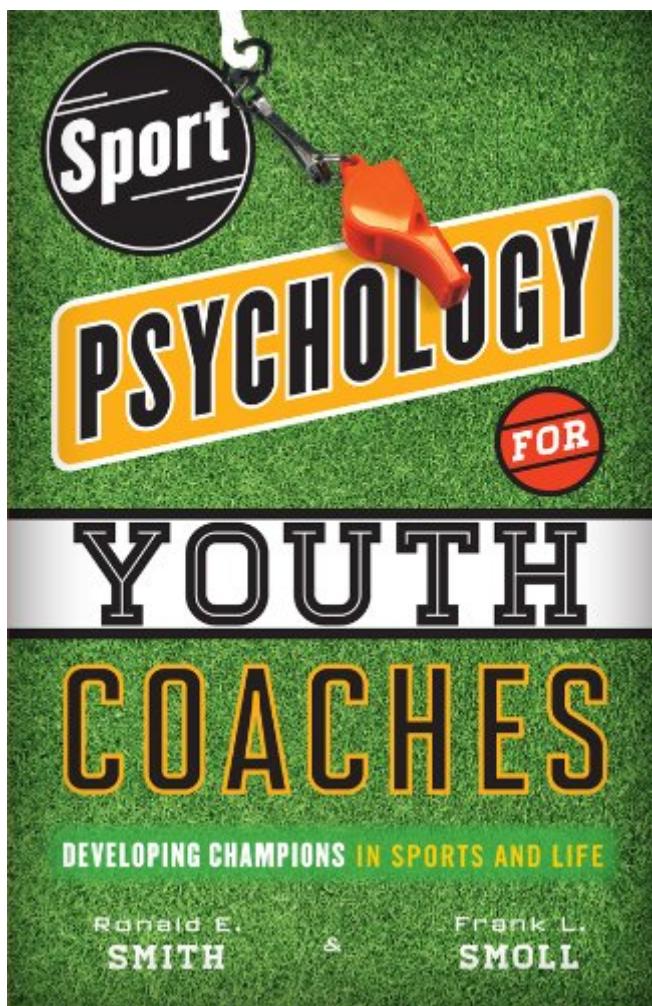


The book was found

# Sport Psychology For Youth Coaches: Developing Champions In Sports And Life



## **Synopsis**

Today, more than 68 million children and adolescents participate in sport programs in the United States. Yet despite the growth and popularity of highly-organized athletic competition, controversy still swirls around the role that adults, particularly coaches, play in the world of youth sports. Coaches not only occupy a critical leadership position in the athletic setting, but their influence can extend into other areas of life as well. *Sport Psychology for Youth Coaches* is a practical "how-to" guide that helps coaches use their leadership role to achieve optimal benefits for young athletes, both on and off the field/court. It is designed to help coaches create rewarding experiences for young athletes and provides specific behavioral guidelines that have proven to have positive, and lasting, effects. The authors address a wide range of everyday concerns including motivation, stress reduction, psychological skills, relations with parents, legal responsibilities, and other areas of importance to both coaches and athletes. Using clear examples and real stories, they help coaches hone their own skills so they can bring out the best in their young competitors — in sports and in life. No coach should be without this essential guide, whose principles have been successfully applied and tested on thousands of coaches around the world.

## **Book Information**

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## Customer Reviews

Great book. Easy to read, interesting and very very good information here for anyone dealing with sports and teens or kids.

A good introduction to sports psychology relative to youth athletes. Development over "winning" as a goal is emphasized. Offers practical suggestions on how to approach various common situations and types of players. A quick read but one that I think I will return to for reference.

Educational and practical solutions to get the best out of youth sport participants while teaching them useful tools they can use throughout their lives. A must read for all coaches involved in youth sports because they are the ones that can greatly influence an environment conducive to learning & awareness to contribute to their growth and development.

Great book for coaches, parents, or teachers. The authors do a great job of breaking down what motivates kids and how to deal with behaviors that are both positive and disruptive. They really stress the need to recognize improvement and effort without resorting to everyone gets a trophy situations.

I love this book. It helps my non profit organization live up to its mission and values . Thank you !

This book deals with the mastery approach to coaching. It is very well set out and from using it in a season of coaching it really does get a response from the athletes.

Very good ideas and suggestions which can be applied not only to youth sports but in every day situations. All parents of youths involved in sport should give this a read.

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