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Sabock, Ralph J. and Michael D. Sabock. "Coaching: A Realistic Perspective." 10th edition. Rowman & Littlefield Publishers, Inc. New York. Required Readings: As assigned during the semester

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Coaching: A Realistic Perspective is a comprehensive resource for those interested in beginning their studies of or a career in the coaching profession. Although the book does not focus on the pedagogical approaches to coaching (the authors do state that this is not their intention), it systematically details a coach's managerial and social responsibilities.

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Each chapter also features discussion questions to help inspire debate over common coaching issues. Rent Coaching 11th edition (978-1442270701) today, or search our site for other textbooks by Michael D. Sabock. Every textbook comes with a 21-day "Any Reason" guarantee.

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Coaching: A Realistic Perspective is the ideal textbook for anyone entering the coaching profession, of any sport. More than detailing the duties and tasks of a coach, this book explores the often overlooked issues and responsibilities that go hand-in-hand with coaching. This updated edition includes the influence the Internet has as well as recent coaches' concerns such as the overlapping of sports programs and the health issues surrounding athletes today.

The third edition of the National Standards for Sport Coaches outlines the standards for quality sport coaching based on the latest research and practical work in coaching science and the varied fields of exercise science. This useful resource outlines the standards which highlights the core responsibilities coaches should possess along with supporting competencies that provide insight into the knowledge and skills needed to support a quality amateur sport experience for athletes. Coaches, sport administrators, and coach educators and developers who are informed about core coaching responsibilities and competencies can improve the preparation, training, and evaluation of sport coaching. Ultimately the National Standards for Sport Coaches should assist in improving the sport experiences for all athletes and will elevate the profession of coaching.

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Sport coaches have a tremendous influence—positive or negative—in the lives of athletes. Too often, however, the delivery of quality coaching is left to chance. Athletes deserve coaches who create positive environments, foster skill development, and build character. In *Coach Education Essentials*, leading coach educators and professionals from around the world cover the core elements of coach education and development, and describe how best to understand, cultivate, and evaluate quality coaching. Edited by Kristen Dieffenbach, PhD, and Melissa Thompson, PhD, this text is the most authoritative resource on the topic ever assembled, and the book's contributors represent a who's who of coach education: John Bales Gordon Bloom Trey Burdette Penny Crisfield Edward Cope Kristen Dieffenbach Lori Gano-Overway Brian Gearity Wade Gilbert Daniel Gould Matthew Grant Stephen Harvey Luke Jones Cameron Kiosoglous Clayton Kuklick Sergio Lara-Bercial Sarah McQuade Jenny Malepa Christine Nash Matt Robinson Ronald Smith Frank Smoll Melissa Thompson Cecile Reynaud Charles Wilson Jr. Grounded in current research and emerging trends in the field of coach education, *Coach Education Essentials* adheres to the guidelines for coach education and development established by the International Council for Coaching Excellence (ICCE) and is consistent with the ICCE's International Sport Coaching

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Framework. The chapters cover the roles and responsibilities of the coach across various levels of sport, ranging from prepubescent participation to Olympic-level competition; current models of coaching education, training, and certification used by leading international sport organizations; and the evaluation of coach education. Coach Education Essentials is a comprehensive, insightful, and practical resource for those invested in the development and advancement of quality coaching and coaching education. It will be an asset to all who promote coaching as a profession.

Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. Coaching Better

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Every Season applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

Coaching: A Realistic Perspective is the ideal textbook for anyone who is preparing to coach athletics. All aspects of the profession are addressed in a clear and straightforward manner, presented with advice gained from decades of experience. The expanded and updated eighth edition examines the qualities of successful coaches—presenting tools for self-evaluation, recruiting, off-season planning, player and parent expectations of coaches, potential problem areas, and the balance between a coach's work life and personal and family life—a topic often overlooked in other textbooks.

The Provocative and Practical Guide to Coaching Agile Teams As an agile coach, you can help project teams become outstanding at agile, creating products that make them proud and helping organizations reap the powerful benefits of teams that deliver both innovation and

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excellence. More and more frequently, ScrumMasters and project managers are being asked to coach agile teams. But it's a challenging role. It requires new skills—as well as a subtle understanding of when to step in and when to step back. Migrating from “command and control” to agile coaching requires a whole new mind-set. In *Coaching Agile Teams*, Lyssa Adkins gives agile coaches the insights they need to adopt this new mind-set and to guide teams to extraordinary performance in a re-energized work environment. You'll gain a deep view into the role of the agile coach, discover what works and what doesn't, and learn how to adapt powerful skills from many allied disciplines, including the fields of professional coaching and mentoring. Coverage includes Understanding what it takes to be a great agile coach Mastering all of the agile coach's roles: teacher, mentor, problem solver, conflict navigator, and performance coach Creating an environment where self-organized, high-performance teams can emerge Coaching teams past cooperation and into full collaboration Evolving your leadership style as your team grows and changes Staying actively engaged without dominating your team and stunting its growth Recognizing failure, recovery, and success modes in your coaching Getting the most out of your own personal agile coaching journey Whether you're an agile coach, leader, trainer, mentor, facilitator, ScrumMaster, project manager, product owner, or

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team member, this book will help you become skilled at helping others become truly great. What could possibly be more rewarding?

This practical guide is for anyone contemplating coaching as a career: coaches in training, coaches already trained and hoping to build a thriving business. This totally revised second edition offers step by step guidance on what to do: · What does it take to succeed as a coach? How long does it take? · Why it matters to get practice clients and where to find them · Why is it so important to think like a buyer rather than like a seller? · What can you charge? · How do you make yourself distinctive in a crowded market? · What do you need to do to attract clients? Which marketing materials and methods pay off and which are a waste of time? · How can you exploit social media? · Overcoming your fear of selling: how to sell with integrity · Going for growth: what is involved in building an even bigger business? “Jenny Rogers has the rare ability to offer the lessons of decades of experience in ways which are practical to implement and easy to absorb. This book is comprehensive – offering both high level concept and lots of important details on the kinds of things that differentiate the successful coaching professional from the crowd. Perhaps most importantly she offers proven, thorough answers to critical questions that many people would not even think to ask in

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setting up or developing their business.” Phil Hayes, Chairman, Management Futures, UK “Another great book from Jenny Rogers. I remember using the first edition of her book very early on in my career and remain hugely grateful for the informed insights and sensible suggestions. As always with Jenny’s books, a new edition does not simply mean a few typos corrected and a couple of new references. In addition to the really helpful sections I remember from the first edition (e.g. on how to manage networking and selling whilst remaining authentic), Jenny has drawn on her experience and the courage to address some of the other really difficult issues that concern new coaches. How much should I charge? How will I find my clients? What training should I do? Even Where should I coach and What should I wear? I train new coaches every year and these are the questions they ask. I will certainly be recommending Jenny’s book - and drawing on it myself to help the coaches on my courses have the best possible start to their careers.” Jane Cook, Managing Director, Linden Learning, UK “In a marketplace crowded with quick fixes and unrealistic promises, this book is a breath of fresh air! Drawing on the author’s extensive experience, this book lays out a sober, practical approach, while also offering encouragement and inspiration. In her warm, compelling style, Jenny Rogers explores the essential steps towards building a sustainable coaching business—from

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improving your own coaching skills, to developing your brand, to marketing your services with integrity.” Leni Wildflower, PhD, PCC, Knowledge Based Coaching in the Workplace, Fielding Graduate University, USA “This book is a must read for anyone who wants to earn a living through coaching. Jenny combines natural enthusiasm and positivity with a good dose of realism by applying a pragmatic and sometimes humorous lens to the business of coaching. No matter how experienced you are in running a coaching business, there is something in this book for everyone - from pragmatic hints and tips at start up stage through to some insightful checks and balances to ensure a consistently high service from established businesses. Jenny demonstrates a real depth of understanding about the questions that will/should be at the forefront of the minds of many new coaches about to set up in business. She has generated in depth answers, pragmatic lists of best practice and sound advice. Her sound advice will help pave the way to your success as a coach.” Susan Binnersley, MD h2h resources limited, UK “I must admit when I picked up this book I wondered how Jenny could improve on her original book Developing a Coaching Business, however Building a Coaching Business is the essential guide for starting, growing and sustaining a business. Tailored to coaching, it provides a step-by-step guide full of tested methods, insight, ideas and practical information, and written in

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Jenny's engaging style. Her facilitative approach to selling is a gift. Having come from the public sector selling was one of my biggest challenges but when I use the facilitative model I feel confident and professional. This is a book that challenges and inspires, and you will find yourself recommending it to other people, who may not even be coaches." Margaret Kelly, Executive Coach, Margaret Kelly Consulting, UK & Ireland "If those of my colleagues who decided to change their careers and set up a coaching business had got at the right time access to this book, it would have been so much easier for them. To take into consideration all the practical issues as well as read about the newest trends and most effective approaches to such areas as selling. To have a wide perspective and yet remember that the devil is the detail. Knowing all this can shorten the route to success, at the same making the expectations more realistic. It is an obvious must for anybody who wants to build a coaching business. But I would also recommend this inspiring and comprehensive book to anybody who thinks of different options in their professional life." Dorota Porażka, Vice-President of the Board, DORADCA Consultants Ltd, Poland "I strongly recommend this book. Jenny Roger addresses what one needs to know and be aware of for building and developing a coaching business. It is written in a down-to-earth, straight to the point, yet insightful and

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comprehensive way. Jenny doesn't avoid the uncomfortable questions, either mitigates what needs to be said and to be ponder. If you are serious about your coaching business and your coaching practice then this book is a must- have (and to pursue!!)." Ana Oliveira Pinto, Executive Coach, Portugal "This book is a must for coaches wanting business success. It gives executive coaches like me business savvy solutions to overcome things like the dread of networking. The best bit is the section on facilitative selling because it gives me a new and more authentic way to sell my services. The book is written in a warm, wise style with a wealth of practical advice and insights. It feels like Jenny is in the room coaching you – just without the coffee!" Jacqui Harper, INSEAD lecturer, Communication Coach, Author, Speaker "This beautifully written book is a must-read for anyone wanting to build a coaching business. It's chock full of wisdom from someone who's been at the top of her profession for the last two decades. I read it when starting my business and remain indebted to it but now it's been substantially updated to reflect changes in the market and developments such as social media. If you feel daunted by the prospects of setting up a company, developing a brand, selling, networking or any of the myriad skills you need to be successful then I suggest you buy this book." Mark Wakefield, Director, Vogel Wakefield, the counter-consultancy, UK "A clear, systematic and down-

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to-earth primer on how to start, build and maintain a professional coaching business. After many years as a coach, I still find myself inspired by many of the ideas in this book. And she commendably grasps the nettle of coaching fees, for which new coaches should be very grateful!" Clare Brigstocke, Executive Coach, Lateralshift
"Jenny Rogers' earlier Developing a Coaching Business has been a mainstay for Meyler Campbell Graduates for years, but this new version is even better. It has all the crucial basics, plus vital new material on quality, brand differentiation, integrity, and being future-ready. Warm, practical and honest, the book's wealth of tips, useful checklists, and an excellent section on fees, should accelerate your business growth. From the lessons of a simple sandwich, to Enron, to coaching businesses' stages of growth, it's all here – invaluable." Daniel Burke, Chairman, Meyler Campbell

There are several teaching sports approaches for school-age sports practitioners. However, relatively few models have a substantial theoretical and scientific foundation. In this sense, the present work aims to serve as an introduction on which to support the didactical process of a Non-Linear Pedagogy of games teaching, as described in the first chapter. A comparison between the traditional approach of sports teaching and the Teaching Games for Understanding

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model within the Slovak Republic context is exposed. Subsequently, experience in the Sport Education model in Finland is presented. Then, research regarding teachers' experiences with the Cooperative Learning model at different ethnic, cultural, and socioeconomic backgrounds is developed. Finally, an example of the Non-Linear Pedagogy program is used in Malaysia.

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