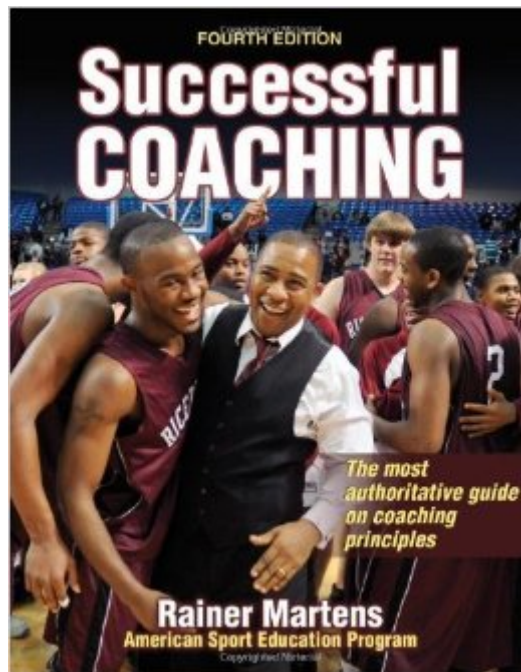


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# Successful Coaching: Fourth Edition



## Synopsis

As America's best-selling coaching text, *Successful Coaching* has helped over a million coaches develop their coaching philosophies; improve their 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 sport 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 through the text, coaches will define their philosophy, identify their objectives, and determine their coaching style. Next, coaches will learn how to become skilled communicators and motivators by applying psychological principles and recommendations for positive management of athletes' behavior. Knowing the skills required for each sport is as important as knowing how to teach and shape those skills. With *Successful Coaching*, coaches will become more effective instructors as they learn the games approach to teaching technical and tactical skills, a proven method of helping athletes become smart tactical players of their sports. *Successful Coaching* also discusses the team management responsibilities of the coach and details how to manage relationships with athletes, other coaches, administrators, medical personnel, officials, parents, and the media. Also addressed are the legal responsibilities of a coach and strategies for reducing risk. Readers will find the latest research in the fields of physical training and nutrition, including new information on creatine, energy drinks, caffeine, and hydration. *Successful Coaching* also provides a straightforward discussion of drug abuse among athletes, offering all-new content on methamphetamines, prescription drug abuse, and drug-testing recommendations. Sidebars provide focused insights on a range of coaching topics and offer personal encouragement and advice for coaches throughout the season. In addition, quotes from well-known coaches provide perspective on what it takes to be a successful coach. Reflection questions at the end of each chapter encourage readers to think critically about the content and apply it to their own current or future coaching situations. For course adopters, *Successful Coaching* also includes online access to a full set of instructor resources, including an instructor guide, image bank, and test package. A dedicated website also includes customizable and reproducible forms. Access to the electronic forms and additional online resources are referenced throughout the text. Written by a coach for coaches, *Successful Coaching* blends the latest research and accepted practices in the sport sciences with practical advice from seasoned coaching veterans. *Successful Coaching* helps readers think critically about their motivation for being a coach and establish a coaching philosophy and style that

pave the way for a fulfilling sport experience for coaches and their athletes. The fourth edition of Successful Coaching has been carefully revised to meet or exceed the guidelines of the National Council for Accreditation for Coaching Education and the recommendations of the National Standards for Sport Coaches. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

## **Book Information**

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## **Customer Reviews**

It won't take reading more than a few pages before you will understand the excellent value of this book. You can open it anywhere and find something interesting to read. All aspects of coaching athletes responsibly are covered so you are guaranteed to become a better coach with better athletes! The references, charts, and graphs balance theory and application of sports psychology in a way geared toward explaining how to train athletes and why. I wouldn't go as far and say that this is the only coaching book you need, but I would recommend it as the best foundation! From here you can get one book specific to the sport you work in like Training Soccer Champions for women's soccer. That's my area of expertise, I don't really feel comfortable saying what to get for other sports.

This is a great book to help a coach in ANY sport. Its value is not only in reading it cover to cover...it

is at GREAT reference book. You will understand HOW to train your athletes and WHY. This will make you a better coach, and your athletes better at their sport.

If, as a coach, you could only have one book to guide you, this would be the one. Rainer Martens covers all the bases. This book will give you plenty of tools to become a successful coach and will inspire you to think about your core philosophy and the methods you use to teach. If your goal is to do what's right for your athletes, this is a must read (and re-read).

What an amazing author. When I got done reading the book I wanted to meet him! Fabulous content. I want to be a Coach, and I had to buy this for school. There was, however a huge problem with the shipping and delivery. The book took awhile to arrive and by the time it did, it stank, if what I'm not sure? Did gasoline spill all over it? I doubt it, because it was everywhere and not on the box. My guess was that it was stored in a meth lab or some warehouse. It was so nasty. It gave me a headache and I'm not super sensitive. I aired it out in the sun and fresh air over a period of 3 months, meticulously turning each page every few days, and smelling each page to ensure the smell was gone. It was disgusting. If the seller contacted me now, I would not even accept a replacement; the next would probably be the same! I gave the book 3 stars for its content only.

This book is simply the best overall book on coaching for any sport. It gives a coach all the tools and insight needed to teach any sport. It's truly a must have for those who really want to teach kids under their care how to be successful too.

Great book. Very informational and in good format. Lots of helpful charts and graphs. I'm definitely not selling this book back. I think it'll be a good resource later on.

This is one of the best books that deals with Risk Management and Safety of the players. I have been an instructor at ASEP and have used the book in my classes.

Pretty good book on coaching, especially if you haven't coached for too long. Gives you something to think about. You have to read many books to get what you need to know how to coach in addition to hands on.

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