

FOURTH EDITION

# Successful COACHING

*The most  
authoritative guide  
on coaching  
principles*

**Rainer Martens**

**American Sport Education Program**

# Successful Coaching 4th Edition

**John Talbot Powell**



## **Successful Coaching 4th Edition:**

**Successful Coaching** Rainer Martens, 2012-02-17 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 *Successful Coaching* is the primary text for the Coaching Principles online or classroom course offered by the American Sport Education

Program ASEP Coaching Principles is a part of ASEP's Bronze Level coaching certification a three step certification involving coursework essential for coaching any sport teaching sport first aid and conveying advanced sport specific knowledge

**Successful Coaching** Rainer Martens,1997 Includes chapters by Brian J Sharkey on Principles of training Fitness for sport Developing your training program and Nutrition for athletes **To Be a Better Coach** Pete Van Mullem,Lori Gano-Overway,2021-05-17 In *To Be a Better Coach A Guide for the Youth Sport Coach and Coach Developer* Pete Van Mullem and Lori Gano Overway combine hands on experience and comprehensive research to offer coaches and coach developers concrete practical suggestions to improve coaching performance in youth sports *To Be a Better Coach* shares common and best practices in coaching such as providing a safe sport environment engaging in ethical practices creating a positive and inclusive environment building relationships with all stakeholders and developing leadership and motivational skills Each chapter explains the skills and guidelines needed to develop as a youth coach in that specific area followed by examples of real world scenarios from practicing coaches In addition each chapter includes useful resources and practical strategies for the development of coaches With the continued rise in youth sports the need for trained and qualified coaches is growing Using an applied approach *To Be a Better Coach* is a needed guide for youth sport coaches and coach developers working in community youth sport programs interscholastic sport and private youth sport organizations *Methods of Group Exercise Instruction* Mary M. Yoke,Carol K. Armbruster,2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor *Methods of Group Exercise Instruction* Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a university setting This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests *Methods of Group Exercise Instruction* Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success *Methods of Group Exercise Instruction* Fourth Edition will

prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success

**National Standards for Sport Coaches: Quality Coaches, Quality Sports** Lori Gano-Overway, Melissa Thompson, Pete Van Mullem, 2020-09-15 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

*The Ethics of Performance Enhancing Drugs in Sports* Sandra A. McCalla, 2024-08-13 It may be a popular opinion that sports and ethics are incongruent or contradictory but ethical principles in sports are in fact integral for its protection Because of this invalid popular opinion a new conversation on ethical principles and issues in sports is warranted This should start here with a philosophical investigation into the areas of epistemology and autonomy with an effort to address ethical issues associated with the use of performance enhancement drugs doping in sports fair play equity and responsibility Readers are introduced to a new theoretical approach to addressing ethical issues in sports These issues are based on arguments advanced on responsible freedom perspective knowledge and duties that can be utilized by sports stakeholders athletes team doctors fans sporting organizations coaches etc as they strive for success and minimize unfair practices Important questions are posed concerning respect for others respect for rules respect for the game and respect for self Also an investigation into ethics and doping is conducted to unravel whether doping athletes impose undue limitations on their freedom Thus the idea of absolute freedom is questioned and privileged freedom is explored

The Teachers' Aid, 1900 Subject Guide to Books in Print, 1997 **Performance Improvement Quarterly**, 2011 Manual of Clinical Exercise Testing, Prescription, and Rehabilitation Ziya Altug, Janet L. Hoffman, 1993 Cumulative Book Index, 1998 A world list of books in the English language **Coaching Athletes** Monika E. Schloder, 1998 *The Sport Psychologist*, 2008 **United Services and Empire Review**, 1899 Children and Youth in Sport Frank L. Smoll, Ronald E. Smith, 2002 *Children and Youth in Sport* offers a comprehensive multidisciplinary view of issues of concern to youth sport educators researchers and program administrators This text effectively bridges the gap between research and application by including helpful guidelines for use in administration of youth sport programs and in coaching or teaching young athletes The book's content and style is sufficiently challenging to serve as a text for upper level undergraduate or graduate youth sport courses yet it is clear and interesting so nonprofessional audiences will also find it informative and enjoyable Features specifically

designed to fulfill classroom needs as a youth sport text multidisciplinary perspective by examining youth sports from biological psychological and sociological perspectives the authors reveal how athletics affect youngsters in these areas of development chapters from previous edition have been updated adding significant material two new chapters on overuse injuries and motivational climate

*Forthcoming Books* Rose Arny, 1996-10    **Track and Field Fundamentals for Teacher and Coach** John Talbot Powell, 1987    **The Law Times**, 1884    *The Lancet*, 1885    **The Accountant**, 1907

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