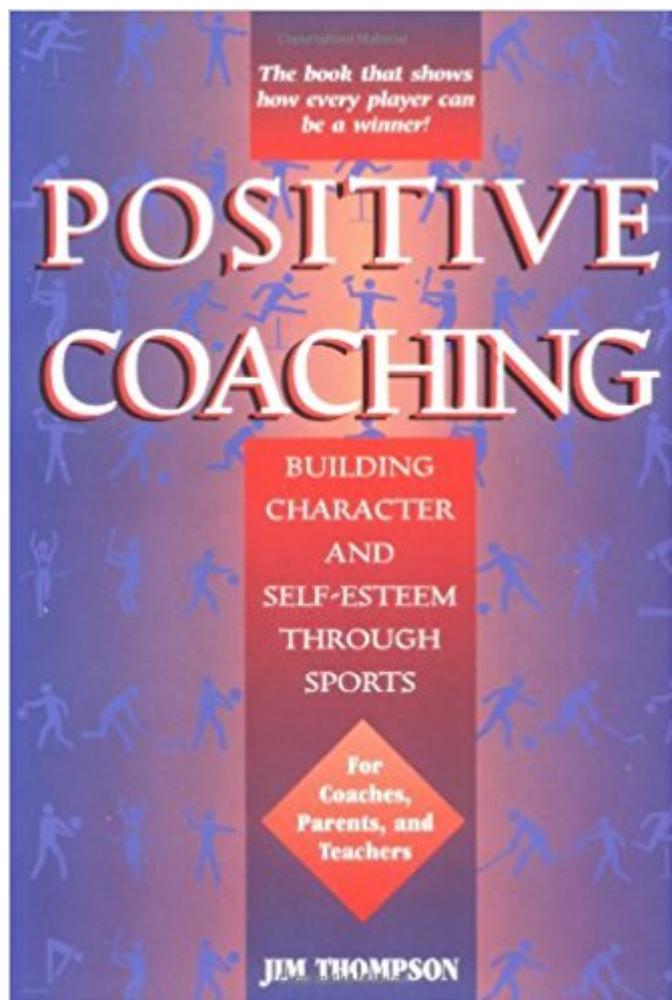


The book was found

Positive Coaching: Building Character And Self-Esteem Through Youth Sports



Synopsis

Positive Coaching is jam packed with information for coaches in any sport. The book includes over 200 coaching recommendations on specific psychological, motivational, and behavioral situations. There is a special focus on the coach as storyteller -- 50 motivational stories can be used to develop strong communication with athletes.

Book Information

Paperback: 400 pages

Publisher: Warde Publishers; 1st edition (January 1995)

Language: English

ISBN-10: 1886346003

ISBN-13: 978-1886346000

Product Dimensions: 9 x 0.8 x 6 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.8 out of 5 starsÂ [See all reviewsÂ](#) (11 customer reviews)

Best Sellers Rank: #1,071,886 in Books (See Top 100 in Books) #94 inÂ Books > Sports & Outdoors > Coaching > Children's Sports #672 inÂ Books > Sports & Outdoors > Miscellaneous > Sports Psychology #736 inÂ Books > Reference > Encyclopedias & Subject Guides > Sports

Customer Reviews

This book is helpful for human interaction in general. Whether parenting, sitting at a bar, meeting in social clubs, working with customers, employees or employers the perspectives in this book can be helpful. I have outlined a review of every chapter in the book and what is covered. Chapter 1 explains why coaching is difficult. Talks about the worst in parents, coach's self-portrait, conflict of interest and hang-ups. Describes inappropriate role models and commitment frustrations. Chapter 2 presents the idea of watching for teachable moments. Describes how to keep track of positive developments for each team member and communicating observations. Describes how to deliver constructive criticism during teachable moments with a track record of positive developments. Endores a high ratio of positive comments to few constructive criticisms. Chapter 3 shows ways in using teachable moments to maximize benefits. Encourages use of inspirational stories, metaphors, vision and using emotion to motivate. Chapter 4 discusses engaging the minds of team members during teachable moments. Helping team members to think for themselves, having team members coach each other and setting nurturing goals. Chapter 5 describes a coach's role in building self-esteem. Relates self-esteem to performance, competence, self-worth and

self-endorsement. Chapter 6 talks about character building. Describes what the coach's most important character trait is. Gives an overview about positive character traits to be reinforced. Encourages character building during off-season activities. Chapter 7 asserts that mistakes are forgivable and are valuable learning experiences.

[Download to continue reading...](#)

Positive Coaching: Building Character and Self-Esteem Through Youth Sports Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem Coaching Youth Tennis - 4th Edition (Coaching Youth Sports Series) Coaching Youth Cricket (Coaching Youth Sports) Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) Coaching Youth Football-3rd Edition (Coaching Youth Sports) Coaching Youth Volleyball - 4th Edition (Coaching Youth Sports) Coaching Youth Gymnastics (Coaching Youth Sports) Coaching Youth Hockey - 2nd Edition (Coaching Youth Sports) Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Positive Thinking: How to Eliminate Negative Thinking and Gain Success, Health and Happiness Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Coaching Youth Tennis - 3rd Edition (Coaching Youth Series) Parenting Book: 50 Tips on Building Your Child's Self Esteem (Raising Girls, Boys, Potty Training Toddlers to Teenage Kids) Child Rearing & Positive Discipline - Psychology & Development in Children Positive Parenting: How to talk to your kids so they listen...Your guide to everything you need to know about positive parenting and raising children to ... Positive Discipline, Parenting Books) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)

[Dmca](#)