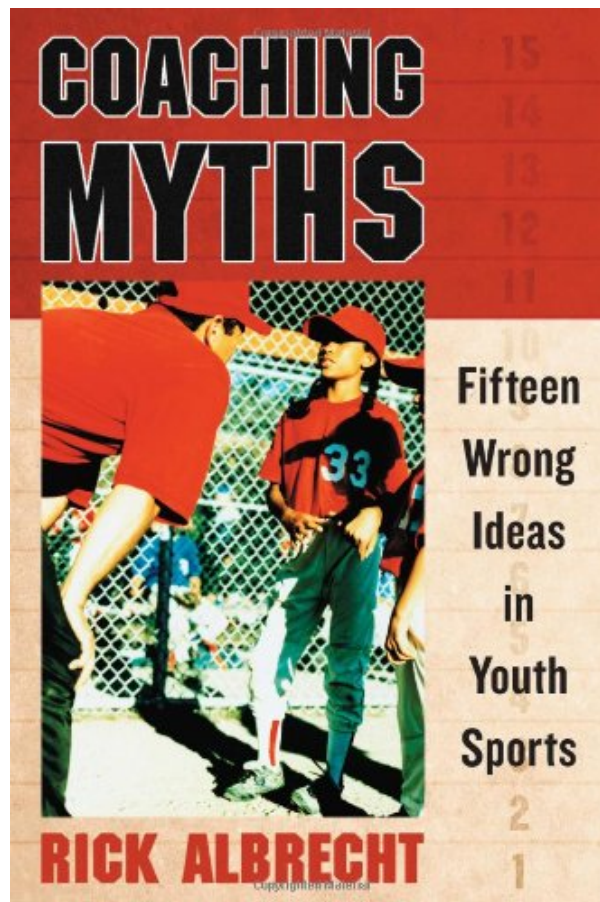
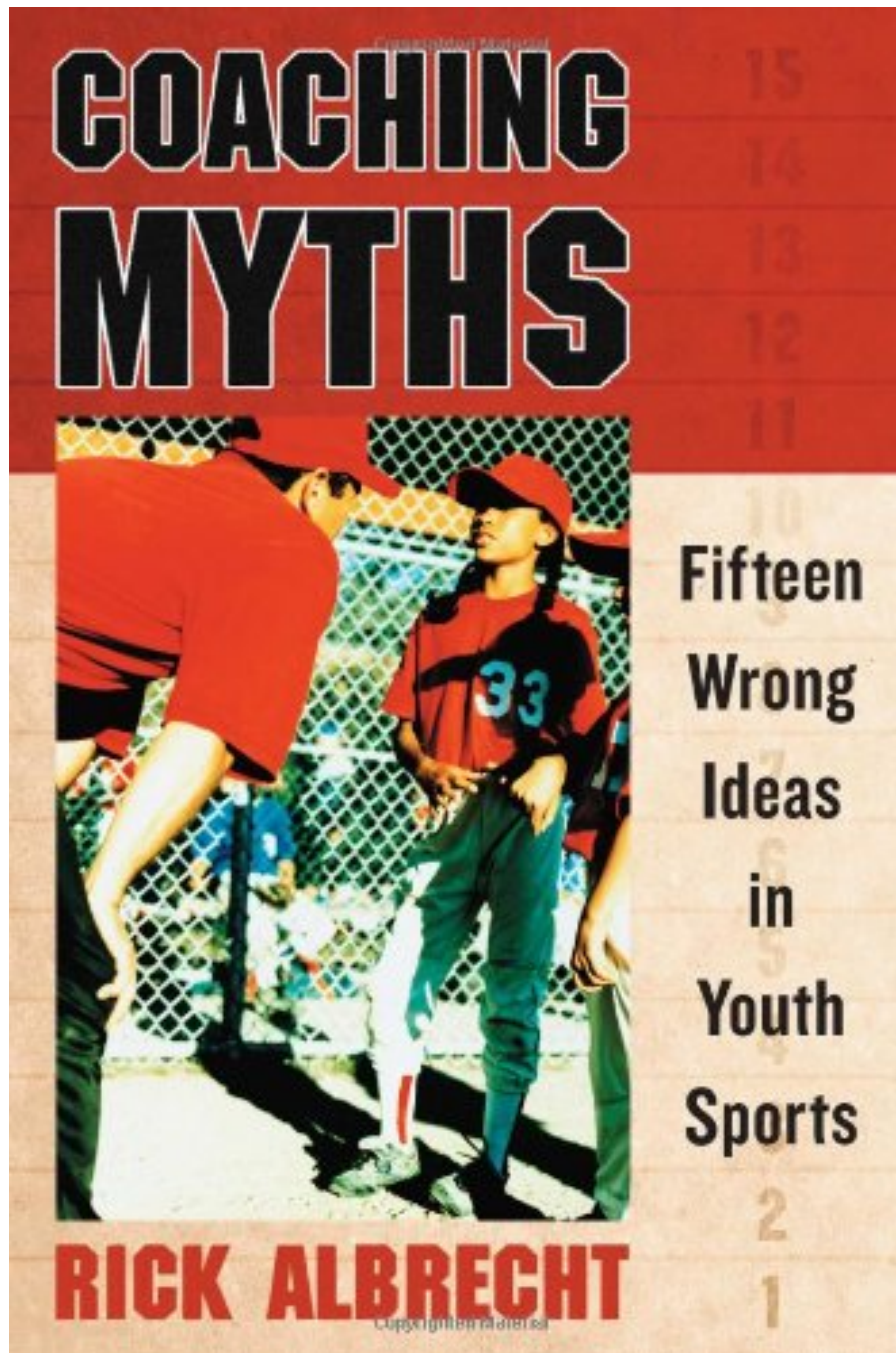


COACHING MYTHS: FIFTEEN WRONG IDEAS IN YOUTH SPORTS BY RICK ALBRECHT



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Unlike the generations of coaches that have gone before them, today's coaches are expected not only to teach motor skills to young athletes but to do so in an environment that is conducive to the ethical, emotional, social and physical well-being of each one of them. Each of the 15 chapters of this book presents, and then systematically debunks, the most pervasive, persistent and potentially harmful myths in coaching, including such chestnuts as "play by my rules," "winning is the ultimate goal" and "there's no I in 'team.'" Although the information in every chapter is based on current scientific evidence (and there are numerous source notes), each is written in the everyday language of coaches and covers topics that are of particular interest to coaches, parents, athletic administrators, recreation programming specialists--and even the occasional fan.

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A Must Read for parents & coaches

By MBG

This book is a Must Read if your child or teen is engaged in, or exploring participation in any sport. It is a tremendously helpful guide to the kind of coaching your child should receive, and the skills and maturity level you and the coaches might expect at any given age of the child. The chapter on hazing is especially frightening. Coaching Myths should also be required reading for every coach, whether a professional or volunteer.

It reads almost like a novel, is difficult to put down once started, and is an excellent investment in a young person's safety & enjoyment of sports!

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