

OFF THE BENCH

A Perspective on Athletic Coaching

CURTIS W. TONG



Off The Bench A Perspective On Athletic Coaching

Michael Boyle



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Off the Bench Curtis Whitfield Tong,1991 *Understanding Sports Coaching* Tania Cassidy,Robyn L. Jones,Paul Potrac,2004 Understanding Sports Coaching is relevant for working with athletes of all abilities It explores every aspect of coaching practice and includes practical exercises to encourage reflective practice and to highlight the issues faced by the successful sports coach **The Sociology of Sports Coaching** Robyn L. Jones,Paul Potrac,Chris Cushion,Lars Tore Ronglan,2010-11-26 This is the first book to describe a critical sociological perspective on sports coaching and as such it represents an important step forward in the professionalisation of the discipline **Perspectives on Athlete-Centred Coaching** Shane Pill,2017-12-06 Underpinned by a philosophy of empowerment athlete centred approaches to coaching are defined by a style that promotes learning through ownership responsibility initiative and awareness Perspectives on Athlete Centred Coaching offers an in depth theoretical examination of player focused coaching models and provides professional guidance for practising coaches Written by a cast of world leading scholars and practitioners and offering a breadth of approaches to and critiques of the application of athlete centred coaching the book covers topics including athlete centred coaching and holistic development coaching tactical creativity athlete centred coaching in disability sport team culture and athlete centred coaching developing thinking players through Game Sense coaching supporting athlete wellbeing athlete centred coaching and Teaching Games for Understanding athlete centred coaching in masters sport Based on the latest research and offering the most comprehensive enquiry into this central area of coaching theory Perspectives on Athlete Centred Coaching is important reading for any students and lecturers of sports coaching or physical education and practising coaches across any sport **A Coach's Guide to Maximizing the Youth Sport Experience** Mary Fry,Lori Gano-Overway,Marta Guivernau,Mi-Sook Kim,Maria Newton,2019-09-23 This book guides sport coaches parents and administrators in creating a caring and task involving sport climate that helps athletes perform their best and have an enjoyable and meaningful sport experience It introduces the concept of a caring and task involving climate and provides a how to guide to creating this climate in sport Firstly this guide introduces the caring and task involving climate and summarizes research highlighting its many benefits Secondly the five features of this climate are presented along with the reflective exercises for developing them within a team Coaches will see strategies in action sample conversations and a variety of ways to implement the features of a caring and task involving experience By describing how it may be implemented and methods for overcoming possible challenges this book finally highlights how parents and sport administrators can support the creation and preservation of caring and task involving climates By helping teams develop caring climates that optimize athletes sport experience and performance this book is essential reading for coaches sport administrators parents and sport psychology practitioners It will also be of great interest to those who have minimal training in sport psychology but who are involved in sport at many levels such as youth and high school *Journal of Physical Education, Recreation &*

Dance, 1991 **Applying Sport Psychology** Jim Taylor, Gregory Scott Wilson, 2005 Covering the five psychological areas considered to have the most influence on athletic performance motivation confidence intensity focus and emotions this work provides a comprehensive approach to sport psychology **Youth Sport and Spirituality** Patrick Kelly S.J., 2015-08-15 One of the ten best recent Catholic sports books America Magazine Unsportsmanlike behavior by student athletes or parents at youth sporting events happens with regularity these days Much recent research reveals that young people are dropping out of sport at alarming rates due to the often toxic elements in the culture of youth sports The timely innovative essays in Youth Sport and Spirituality present a wide ranging overview that draws on resources from Catholic spiritual and theological traditions to address problems such as these as well as opportunities in youth sport in the United States The book consists of two sections In the first prominent scholars in philosophy psychology theology and spirituality reflect on how youth sport contributes to the integral development of the person and his or her grasp of spiritual values The second half of the book consists of chapters written by coaches athletic directors and specialists working with youth coaches These practitioners share how their approaches to working with youth in sport contribute to the integral development of their players and their openness to transcendent values The essays examine coaching as ministry youth sport and moral development and how parents can act as partners in youth sports among other topics The book will interest coaches athletic directors and youth ministers in Catholic elementary and high schools in parish settings as well as undergraduate and graduate students in education who are preparing to teach in Catholic schools Contributors Patrick Kelly SJ Daniel A Dombrowski Nicole M LaVoi Mike McNamee Clark Power David Light Shields Brenda Light Bredemeier Richard R Gaillardetz Kristin Komyatte Sheehan Dobie Moser Jim Yerkovich Sherri Retif James Charles Naggi and Edward Hastings Strength Training for Young Athletes William J. Kraemer, Steven J. Fleck, 2005 The former president of the National Strength and Conditioning Association offers an authoritative guide to designing safe effective training programs for 24 of the most popular youth sports 250 photos

Fundamentals of Recovery, Regeneration, and Adaptation to Exercise Stress: An Integrated Approach Nikos C. Apostolopoulos, Gregory C. Bogdanis, Loren R. Seagrave, Michael J. Pyley, 2025-08-19 This volume explores adaptation recovery and regeneration including training foundations and the issue of tissue damage during physical activity from basic and applied science perspective and clinical practitioner viewpoint The chapters examine our current understanding of the etiology of tissue damage and explore current therapy techniques to remediate tissue damage post injury as well as strategies to minimize the occurrence of injury through proper preparation The book employs a multidisciplinary approach to study how to best translate utilize and communicate the knowledge developed from current research into actual practice In addition the book presents a crucial perspective on how current practice should voice issues and questions to fuel further research in the field This material will be useful for upper undergraduate degree programs as well as post graduate programs in kinesiology physical therapy occupational therapy bio engineering and other health sciences It is also a good

reference for practitioners and researchers in fields involving musculoskeletal health and sports medicine and who are interested in the area of tissue adaptation recovery and regeneration

School Sport Psychology Charles A Maher, 2013-01-11 Find out how and why sports can help you better understand your students Because participation in sports is an integral part of the educational experience for students in both public and private schools it is essential that school psychologists and counselors have a solid foundation to help ensure the well being of student athletes School Sport Psychology is a comprehensive overview of this fast growing field with guidelines for school psychologists who want to gain a better understanding of sport psychology to extend their skills and enhance their effectiveness The book presents perspectives programs and procedures for working with administrators and coaches to help students develop physically mentally and emotionally School Sport Psychology examines the practical interfaces between school and sport psychology with an emphasis on parent and family involvement Contributors representing sport psychology school psychology and clinical and community disciplines examine the theory research and practice of sport psychology and how its evolution parallels the development of school psychology The book addresses the benefits and risks of using sport to promote the development of self esteem identity and feelings of competence in students School Sport Psychology examines evidence based sport psychology programs including GOALS ATLAS and ATHENA a case study of the design and implementation of a sport psychology program in an urban high school the use and abuse of alcohol and other drugs among high school student athletes the use and abuse of steroids eating disorders among high school student athletes a systems oriented method of school sport psychology assessment and intervention program planning and evaluation framework the knowledge and skills needed to work in sport psychology and much more School Sport Psychology is an essential professional resource for psychologists counselors and health service providers

Conditioning for Strength and Human Performance T. Jeff Chandler, Lee E. Brown, 2008 Written by leading experts in exercise science this text offers everything athletic trainers need to train athletes for maximum performance and prepare for certification Chapters review the basic science underlying strength training and conditioning and put science into practice with detailed instructions on testing assessment exercise techniques program development injury prevention and rehabilitation Case based problem solving activities case examples real world application boxes and other features engage readers in decision making and hands on training activities More than 350 full color illustrations complement the text A bound in CD ROM offers in the gym lab assignments quizzes and a practical exam with video clips and multiple choice questions

New Functional Training for Sports Michael Boyle, 2022-10-18 Train to perform at the highest level with the lowest risk of injury New Functional Training for Sports Second Edition produces the best results on the court field track and mat not just in the weight room Michael Boyle one of the world's leading sport performance coaches presents the concepts methods exercises and programs that maximize athletes movements in competition A series of functional assessments help in determining the design of a specific plan for

each athlete Self reinforcing progressions in exercises for the lower body core upper body and ultimately total body give athletes the balance proprioception stability strength and power they require for excelling in their sports Sample programs assist in the customization process and cover each aspect of preparation for physical performance Boyle also draws on the latest research and his wealth of experience to offer programming advice and recommendations on foam rolling stretching and dynamic warm ups New Functional Training for Sports goes beyond traditional exercise descriptions and explanations incorporating full color high definition composites of foundational movements as well as online access to video demonstrations commentary and analysis of key exercises New Functional Training for Sports is a refined and expanded version of Boyle s original work published more than a decade previously This edition offers the most current functional training expertise to apply to your specific purposes Note A code for accessing online videos is included with this ebook

Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes Olaf Prieske,Helmi

Chaabene,Jason Moran,Atle Hole Saeterbakken,2022-04-25 Bulletin ,1929 **Bulletin** Carnegie Foundation for the Advancement of Teaching,1929 *A Survival Guide for Athletes and Parents* Leandrea Slayton,2016-05-26 Have you ever sat in the stands or sidelines and listened to parents yell at their kids and thought There is something wrong here Does your child show passion and potential in a sport but feels an unhealthy amount of pressure that is leading them to want to quit the sport they used to love so much The reality is the approach society is taking to competitive youth sports as a whole is unhealthy but it doesn t have to be that way I am not an advocate for everybody wins I love competition I believe that with the correct perspective and approach youth athletics can be used to mold our children into Christ like confident and joyful adults By focusing on the journey rather than the destination players and parents can learn to find value in all of the life lessons that come through competition This book is a guide that is inspired through twenty four years of coaching and watching parents who got it right and the others who missed out on the opportunity to use youth athletics to instill Christ like characteristics and perspectives in their children The true prize in athletics isn t a trophy or even a scholarship it is in the life lessons that everyone has available to learn if they are willing to look for them *Physiological Aspects of Sport Training and Performance* Jay Hoffman,2014-03-31 *Physiological Aspects of Sport Training and Performance* Second Edition With Web Resource updates and expands on the popular first edition providing an in depth discussion of physiological adaptation to exercise Students will learn the importance of an evidence based approach in prescribing exercise while sports medicine professionals and health care providers will appreciate using the text as a primary reference on conditioning and performance of athletes A range of topics are covered including environmental influences on performance hydration status sport nutrition sport supplements and performance enhancing drugs The book is focused on physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes *Physiological Aspects of Sport Training and Performance* Second Edition is organized into five parts The first part examines

physiological adaptation and the effects of various modes of training on biochemical hormonal muscular cardiovascular neural and immunological adaptations The second part covers principles of exercise training and prescription The third part discusses nutrition hydration status sport supplementation and performance enhancing drugs The fourth part focuses on environmental factors and their influence on sport performance The fifth and final part is focused on how certain medical and health conditions influence sport performance Updates in this second edition focus on cutting edge knowledge in sport science and sports medicine including the latest information on physiological adaptations to exercise current trends for training for power speed and agility eye opening discussions on sport supplementation and performance enhancing drugs data on training with medical conditions such as diabetes and exercise induced bronchospasm and groundbreaking information on training in heat and cold and at altitude In addition new chapters offer a practical approach to the yearly training program and sudden death in sport The second edition also incorporates the following features to enhance practical application and facilitate students learning A new web resource includes 80 drills and 41 video demonstrations that help readers understand how to implement the various exercises Chapter objectives provide an overview of key content in each chapter Chapter review questions help students assess their learning In Practice sidebars bring chapter content to life in a practical manner and help students better understand the material Students and instructors will benefit from the new web resource which features 80 drills and detailed instruction on performing each drill The drills can be used for a dynamic warm up or to enhance speed and agility Most drills are accompanied by at least one photo showing how to perform a key movement of the drill Forty of the drills are accompanied by a video of the drill being performed in its entirety and a dynamic warm up routine video features 10 warm up exercises Physiological Aspects of Sport Training and Performance Second Edition provides a strong basis for understanding adaptation to exercise and appreciating how changes in program variables can alter training adaptations All the information in this text is presented in an attractive reader friendly format that is conducive to learning The text serves as both a key educational tool and a primary reference for exercise prescription for athletes

Coaching, Sport and the Law Neil Partington, 2021-05-11 The interdependent coach athlete relationship represents the most fundamental instance of a duty of care in sport This book defines analyses and clarifies the duty of care incumbent upon sports coaches and identifies important recommendations of real world significance for coaching practice Given the dynamic relationship between coaching sport and the law it is imperative that coaches have an informed awareness of the evolving legal context in which they discharge their duty of care Detailed analysis of a coach s duty of care has so far been lacking The book addresses this gap by being the first to critically scrutinise the concept of duty of care in the specific context of sports coaching Sustained analysis of the developing case law allows the scope and boundaries of the particular duties demanded of coaches to be rigorously examined The legal principles and court decisions discussed relate to coaching delivered in a wide range of individual and team sports at both amateur and professional levels of performance and include

common scenarios and challenges frequently encountered by sports coaches globally By adopting an interdisciplinary approach within a broader sociolegal methodological framework this book s detailed analysis and original insights will prove highly instructive for practising coaches coach educators and national governing bodies of sport It also offers extremely valuable insights for students teachers and practitioners involved in sports law sports coaching sports ethics tort law sports policy and development sports studies and physical education

Social Issues in Sport Ron Woods, 2015-11-06 Social Issues in Sport Third Edition explores common questions and issues about sport and its relation to society through various sociological and cultural lenses Author Ronald Woods draws on a lifetime in sport as a participant observer fan teacher coach administrator and critic to explore historical perspectives and complex relationships that have emerged between sport and our modern society The text s engaging writing style full color design and ample learning tools keep students engaged Social Issues in Sport Third Edition remains grounded in practical application and follows the framework of the previous editions to provide social theories through which students may examine real world issues Updated statistical information allows students to analyze trends in participation popularity gender race and class as they relate to sport The third edition also features the following enhancements New Applying Social Theory activities in each chapter that foster an understanding of social theories that ground the subject area Updated Activity Time Out Expert s View Pop Culture and In the Arena With sidebars that offer a contemporary context to which students can apply the concepts in the text Increased emphasis on emerging issues such as sport for development and peace as well as the growing role of electronic media Updated instructor ancillaries that provide assistance in lecture preparation and give instructors new ways to engage students and reinforce concepts found throughout the text Social Issues in Sport Third Edition is divided into four parts maintaining the student friendly format and accessibility of previous editions Part I presents the framework for study through defining terms and presenting six crucial social theories that are used throughout the rest of the text Part II addresses various forms of participation in sport from spectator to participant recreational to professional and explores sport marketing and commercialization as well as the close relationship between sport and media In part III the role of sport programs and player development from youth to intercollegiate as well as the crucial role of sport coach and its many responsibilities Part IV delves into sport and culture focusing on social classifications and their powerful effects on sport participation Ancillary materials are available to aid instructors using this text in the classroom An updated instructor guide includes chapter summaries student objectives chapter outlines and additional student activities A test package chapter quizzes and presentation package provide instructors with support for lecture preparation and tools to ensure that students remain engaged Social Issues in Sport Third Edition provides the foundations for examining the multifaceted roles of sport and physical activity in society and for studying sport from a critical perspective The information and many activities used throughout the text invite students to understand and evaluate the sociocultural issues raised by sport and relate these

themes to their own lives Through this in depth examination of sociocultural issues students will be able to understand and appreciate the development of sport as a part and reflection of the development of society

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