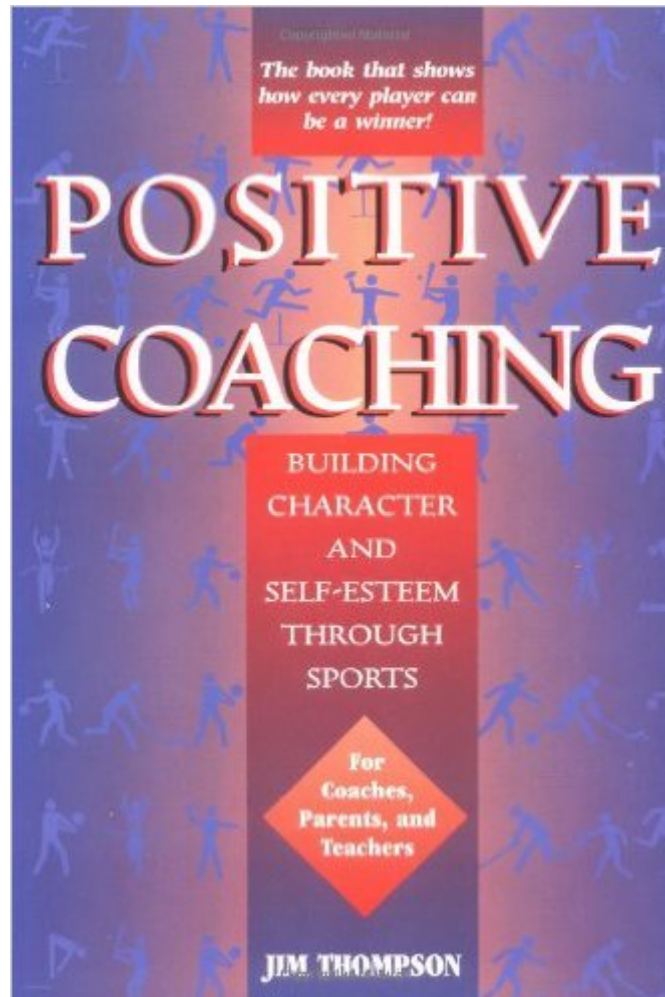


The book was found

# 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

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Product Dimensions: 9 x 0.8 x 6 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.8 out of 5 starsÂ Â 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. Endorses 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.

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