

## The Coaching Process A Practical Guide To Becoming An Effective Sports Coach

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The Coaching Process In this fresh and engaging introduction to sports coaching, Lynn Kidman and Stephanie Hanrahan guide students through the coaching process. Focusing on the practical aspects of sports coaching, the book helps students to develop their basic technical skills as well as strategies for working with individual and team athletes, and to plan and implement effective coaching ...

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A concise, up-to-date background for effective coaching with how-tos and practical strategies that coaches use to improve their own coaching. Also included are aids in developing approaches to produce an environment conducive to athletes' enjoyment and success. From inside the book What people are saying - Write a review

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The Coaching Process is invaluable reading for any student starting a sports coaching course at college or university, and for any coach working with athletes or children in sport who wants to improve their practical skills.

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[The Coaching Process | Taylor & Francis Group](#)

The first step of the workplace coaching process involves laying down the foundations. These foundations will form the bedrock of the coaching sessions that follow. A coachee could, of course, bring to mind various issues and/or struggles they face at work. As a workplace coach, you must adapt your approach accordingly.

[Workplace Coaching: A Six-Step Guide for Coaching at Work](#)

Coaching evaluation is an activity that almost all companies agree is important, but it is one that is often neglected in the perpetual rush to get things done.

[Practical Methods for Evaluating Coaching](#)

The GROW Model of Coaching and Mentoring A Simple Process for Developing Your People As a leader, one of your most important roles is to coach your people to do their best. By doing this, you'll help them make better decisions, solve problems that are holding them back, learn new skills, and otherwise progress their careers.

[The GROW Model of Coaching and Mentoring: A Simple Process ...](#)

The coaching process is an intervention used within session delivery with this particular example outlining the steps taken to correct decisions made by a player.

[Football coaching Theory to Practice: The Coaching Process](#)

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