



Understanding Sports Coaching: The Social, Cultural and Pedagogical Foundations of Coaching Practice

Tania G. Cassidy, Robyn L. Jones, Paul Potrac

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Successful sports coaching is as dependent on utilising good teaching and social practices as it is about expertise in sport skills and tactics. Understanding Sports Coaching offers an innovative introduction to the theory and practice of sports coaching, highlighting the social, cultural and pedagogical concepts underpinning good coaching practice. Now in a fully revised and updated new edition, the book explores the complex interplay between coach, athlete, coaching programme and social context, and encourages coaches to develop an open and reflective approach to their own coaching practice. It addresses key issues such as:

- athlete motivation and long term development
- viewing the athlete as a learner
- instructional methods and reflection
- working with different athletic and learning abilities
- coaching philosophy and ethics

Understanding Sports Coaching also includes a full range of practical exercises and case studies designed to encourage coaches to reflect critically upon their own coaching strategies, their interpersonal skills and upon important issues in contemporary sports coaching. This book is essential reading for all students of sports coaching and for any professional coach looking to develop their coaching expertise.

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