

## Insideout Coaching How Sports Can Transform Lives

In February 2008, Bill Walton, after climbing to the top of every mountain he ever tried, suffered a catastrophic spinal collapse--the culmination of a lifetime of injuries--that left him in excruciating, debilitating, and unrelenting pain. Unable to walk, he underwent pioneering surgery and slowly recovered. The ordeal tested Walton to the fullest, but with extraordinary determination and sacrifice, he recovered. Now Bill Walton shares his life story in this remarkable memoir. Walton, the son of parents with no interest in athletics, played basketball in every spare moment. An outstanding player on a great high school team, he only wanted to play for John Wooden at UCLA--and Wooden wanted him. Walton was deeply influenced by the culture of the 1960s, but he respected the thoughtful, rigorous Wooden, who seemed immune to the turmoil of the times. Other than his parents, Wooden would be the greatest influence in Walton's life--the two would speak nearly every day for 43 years until Wooden's death. Throughout a brilliant championship career, accumulating injuries would afflict Walton. He would lose almost two-thirds of his playing time to injury. After his playing days ended, Walton chose a career in broadcasting, despite being a lifelong stutterer--once again he overcame a physical limitation and eventually won multiple broadcasting accolades. Wooden once said that no greatness ever came without sacrifice--nothing better illustrates this notion than Walton's life.--Adapted from dust jacket.

Offers 198 activities for baseball players' training. Covers drills for warm-up, throwing, catching, base running, hitting, pitching, and fielding.

Now with a new chapter on the Wildcats' legendary comeback in the 2014 Final Four John Calipari, one of the most successful coaches in NCAA history, presents the world of college basketball from the coach's chair, unvarnished and straight from the heart. *Players First* is Calipari's account of his first six years coaching the University of Kentucky men's team, leading it to a national championship in 2012 and the championship game in 2014, all while dealing with the realities of the "one-and-done" mentality and an NCAA that sometimes seems to put players last. Filled with revelatory stories about what it takes to succeed at the highest level of the college game, *Players First* is a candid look at the great players and rivalries that have filled Calipari's life with joy and a sense of purpose.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of "relaxed concentration" that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. "Introduced to *The Inner Game of Tennis* as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program."—from the Foreword by Pete Carroll

*Becoming a True Champion* offers a path to achieving athletic excellence, longevity, and dignity through the values and hard work that once distinguished athletes as true role models. Providing an antidote to images of misbehaving athletes, this book guides readers through the ethics and standards that will set them apart both on and off the field.

*The Essential Smart Football* is an examination of football's most important strategies and ideas, through the lens of the game's best coaches, players, and schemes. Brilliantly written and eschewing unnecessary jargon and technicality, it makes a major contribution to our understanding of football to help all of us -- coaches, players, and fans -- appreciate the game we love all the more. *The Essential Smart Football* features analysis of football's top strategists and their schemes, including: Urban Meyer's spread offense Tom Brady's no-huddle attack Bill Belichick's hybrid defense Gus Malzahn's up-tempo offense Charlie Strong's defensive evolution Mike Leach's pass-happy "Air Raid" The most popular scheme for running the ball in the NFL Nick Saban's school of defense. The book also includes explorations of modern approaches to the West Coast Offense, evolutions in defensive fronts and coverages, the changing role of the running game in spread and pro-style offenses, and much more. "Buy this book if you love football." -- Gregg Rosenthal, Senior Editor, NFL.com "[Chris Brown] has put together a book that you need to buy if you're a football fan with a pulse." -- Bill Barnwell, Staff Writer, Grantland "I'm a better coach after reading this book. A must have in every coach's library!" -- Dub Maddox, Offensive Coordinator, Jenks High School, Jenks, Oklahoma (12x Oklahoma State champions) "Accessibly erudite". -- New York Magazine "If you're a football geek, this is a mandatory purchase." -- Doug Farrar, Yahoo! Sports "Advanced stats are great, but they mean a lot more when you understand where the players are moving on the field and why. Nobody has taught me more about where the players are moving on the field and why than Chris Brown." -- Aaron Schatz, founder of FootballOutsiders.com, columnist for ESPN.com/ESPN the Magazine "Must-have new book for any football fan." -- Dan Shanoff, Quickish.com

In this inspirational yet practical book, the man Parade called "the most important coach in America," subject of the national bestseller *Season of Life*, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational

coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. InSideOut Coaching explains how to become a transformational coach. Coaches first have to "go inside" and articulate their reasons for coaching. Only those who have taken the InSideOut journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports. He describes his own InSideOut experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann's message and learn how to make sports a life-changing experience.

This book describes the beliefs, behaviors, and attitudes of great athletic coaches. Where do they focus their attention? How do they spend their time and energy? And how can others gain the same advantages? Here, Rob Haworth and Todd Whitaker describe the qualities of champion athletes, coaches, and parents. Applying and extending the concepts presented in Whitaker's *What Great Teachers Do Differently* and *What Great Principals Do Differently*, this book demonstrates how effective coaching calls for "people skills" that the best coaches practice every day. Perfect for the coaches of your favorite school sports teams! "Plenty of real sports examples! The authors present a positive approach to understanding what great coaches do differently." -- Gene Shelkett, Principal, Eisenhower High School, Lawton, OK

In the world of strength and conditioning, learning how to move others—not just physically, but also psychologically and emotionally—is paramount to getting the most out of them. People are the ultimate performance variable, and understanding how to effectively blend knowledge of proper training with the nuances of human behavior is integral to helping athletes achieve their ultimate goals. Unfortunately, while much attention has been given to the science of physical training, little attention has been given to the science of communication. *Conscious Coaching: The Art and Science of Building Buy-In* bridges this gap. Readers learn the foundational principles of improving relationships, enhancing engagement, and gaining the trust of athletes through targeted communication. And, every bit as important, readers also learn concrete strategies to apply these principles in day-to-day coaching situations they will inevitably encounter. The result is a game-changing book that sets the stage for coaches to create a culture of success not only within sport, but also beyond. *Conscious Coaching* is a movement and its time has come.

The bestselling inspirational book in which the author reunites with a childhood football hero, now a minister and coach, and witnesses a revelatory demonstration of the true meaning of manhood. Joe Ehrmann, a former NFL football star and volunteer coach for the Gilman high school football team, teaches his players the keys to successful defense: penetrate, pursue, punish, love. Love? A former captain of the Baltimore Colts and now an ordained minister, Ehrmann is serious about the game of football but even more serious about the purpose of life. *Season of Life* is his inspirational story as told by Pulitzer Prize-winning journalist Jeffrey Marx, who was a ballboy for the Colts when he first met Ehrmann. Ehrmann now devotes his life to teaching young men a whole new meaning of masculinity. He teaches the boys at Gilman the precepts of his *Building Men for Others* program: Being a man means emphasizing relationships and having a cause bigger than yourself. It means accepting responsibility and leading courageously. It means that empathy, integrity, and living a life of service to others are more important than points on a scoreboard. Decades after he first met Ehrmann, Jeffrey Marx renewed their friendship and watched his childhood hero putting his principles into action. While chronicling a season with the Gilman Greyhounds, Marx witnessed the most extraordinary sports program he'd ever seen, where players say "I love you" to each other and coaches profess their love for their players. Off the field Marx sat with Ehrmann and absorbed life lessons that led him to reexamine his own unresolved relationship with his father. *Season of Life* is a book about what it means to be a man of substance and impact. It is a moving story that will resonate with athletes, coaches, parents—anyone struggling to make the right choices in life.

*Teaching Character Through Sport: Developing a Positive Coaching Legacy* demonstrates how a positive coaching legacy can transcend scores on a bronze plaque as a coach influences and helps to mold the life-long character of the athletes they work with. Noted author and speaker Bruce Brown examines the key issues in creating a lasting legacy, including; how to make a difference, common traits among successful coaches, beliefs about character and sport, action statements about teaching character through sport, redefining the term "athlete", teaching specific values, practicing sportsmanship, the qualities of great teams, team building through positive conditioning, the role of parents in athletics and much, much more. As easy and enjoyable to read as it is thought-provoking. A must for coaches of any level and sport.

"... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD." --Publisher's website.

Are you wondering about becoming a coach? Are you a coach who wants to renew your focus? I invite you to walk with me and reflect on what I think it means to be a coach. I hope this walk will help you to find your own meaning. Perhaps more than anything this book is an invitation to explore 'coaching' from the inside out. Brian Duggan CEC PCC

*A Companion Guide to InSideOut Coaching: How Sports Can Transform Lives* is a ten-week, in-depth journey to transformational coaching through the InSideOut Process that is changing the face of sports in America. A working companion to the acclaimed book by Joe and Paula Ehrmann, *InSideOut Coaching*, this is the perfect, practical workbook for coaches, teachers, leaders and parents who are looking to take their platform, position and impact to the next level. Offered in two sections, readers can choose either a 60-minute or a 30-minute format. Both versions are invaluable and include all the daily tools coaches need to implement an InSideOut Game Plan!

The last lecture on leadership by the NFL's greatest coach: Bill Walsh Bill Walsh is a towering figure in the history of the NFL. His advanced leadership transformed the San Francisco 49ers from the worst franchise in sports to a legendary dynasty. In the process, he changed the way football is played. Prior to his death, Walsh granted a series of exclusive interviews to bestselling author Steve Jamison. These became his ultimate lecture on leadership. Additional insights and perspective are provided by Hall of Fame quarterback Joe Montana and others. Bill Walsh taught that the requirements of successful leadership are the same whether you run an NFL franchise, a fortune 500 company, or a

hardware store with 12 employees. These final words of 'wisdom by Walsh' will inspire, inform, and enlighten leaders in all professions. Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. Coaching Better Every Season applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

A bold new approach to performance by one of the top coaches in the country. In trying to improve on the playing field, in the office, or even at home—most people seek out new information to get to the next level. They read a book, attend a class, or hire an expert to give them an edge. But Alan Fine, an accomplished tennis, golf, and executive coach and a renowned authority on peak performance, believes that this "outside-in" method is precisely what's holding you back from doing your best work. He's found the biggest obstacle to improved performance isn't not knowing what to do; it's not doing what you already know. Ironically, the quest for information and instructions designed to help you get ahead can often interfere with your ability to focus on doing something. Fine reveals his simple and proven approach to achieving breakthrough performance. It starts with reducing the interference that blocks your potential through an amazing process called G.R.O.W. (Goal, Reality, Options, Way Forward). No matter who you are or what you do, You Already Know How to Be Great will help you eliminate what is standing in the way of your goals.

Discover the keys to coaching greatness! Regardless if you're just starting out as a young coach or you have a wealth of years in experience, this is one book you certainly can't afford not to read! McCaw's new book, "7 Keys To Being A Great Coach - Beyond the Xs & Os of Athletic Coaching," provides every coach and leader with the 7 keys to success in the sports and performance coaching game. World-renowned Sports Performance Coach & Keynote speaker, Allistair McCaw condenses the wisdom he's gained through more than 22 years of experience having worked with numerous Olympians, Grand Slam winners and World Champion athletes. "7 Keys to Being a Great Coach" includes an array of fascinating stories and examples from his own personal journey in competitive sports and coaching, what he's learned from working with some of the world's best athletes and coaches in the business, as well as insights into his methods of coaching. In his book, McCaw reveals the 7 vital keys he feels are the most important to being a great coach and leader. McCaw won't only motivate and inspire you to review and upgrade your coaching methods, but your lifestyle habits too! A highly recommended read for all coaches out there who aspire to be great! TESTIMONIALS: A great coach is not only someone who is knowledgeable and inspirational, but someone who can adapt to the individual and understand them. Allistair is one such coach." - Jack Green (Olympic British Team 400m hurdler & European u/23 Champion) "I am happy to say that Allistair was a part of my career and had a great way of always making me believe in myself more." - Dinara Safina (Former World #1 ranked Tennis player) "I try to emulate Allistair's professionalism and standards everyday. He is a world-class performance coach and sports mentor." - Delaney Collins (3x IIHF World Champion in Women's Hockey & current Coach of Canadian National team programs) "This book is a must for any coach who wants to improve!" - David Palmer (Former 2 x Squash World Champion and World #1 ranked player) "Allistair is a one of a kind coach! He puts the person before the athlete! He leads by example and his proven methods of coaching definitely works!" - Patrick McEnroe (ESPN Sports commentator & former USA Davis Cup Coach)

NFL head coach Mike Smith led one of the most remarkable turnarounds in NFL history. In the season prior to his arrival in 2008, the Atlanta Falcons had a 4–12 record and the franchise had never before achieved back-to-back winning seasons. Under Smith's leadership, the Falcons earned an 11–5 record in his first season and would go on to become perennial playoff and Super Bowl contenders earning Smith AP Coach of Year in 2008 and voted Coach of Year by his peers in 2008, 2010 and 2012. You Win in the Locker Room First draws on the extraordinary experiences of Coach Mike Smith and Jon Gordon—consultant to numerous college and professional teams—to explore the seven powerful principles that any business, school, organization, or sports team can adopt to revitalize their organization. Step by step, the authors outline a strategy for building a thriving organization and provide a practical framework that gives leaders the tools they need to create a great culture, lead with the right mindset, create strong relationships, improve teamwork, execute at a higher level, and avoid the pitfalls that sabotage far too many leaders and organizations. In addition to sharing what went right with the Falcons, Smith also transparently shares what went wrong his last two seasons and provides invaluable lessons leaders can take away from his victories, success, failures and mistakes. Whether it's an executive leadership team of a Fortune 500 company, a sports team, an emergency room team, military team, or a school team successful leaders coach their team and develop, mentor, encourage, and guide them. This not only improves the team, it improves the leaders and their relationships, connections, and organization. You Win in the Locker Room First offers a rare behind-the-scenes look at one of the most pressure packed leadership jobs on the planet and what leaders can learn from these experiences in order to build their own winning team.

Taoist Wisdom to Inspire, Empower, and Lead in Sports & Life. In the world of athletics, an innovative breed of coaches is emerging—men and women who insist on fostering strong, healthy relationships with their players where respect and integrity are forged—and they are winning! In Coaching with Heart, recognized sports psychologist Dr. Jerry Lynch declares that the relationship game is the single most vital aspect to successful and effective coaching in sports. By creating more intimacy between coach and team, and recognizing that both team and coach can learn from each other, everyone is able to fulfill their mutual goals. Coaching With Heart is a provocative and practical 'game changer' in the shifting landscape of athletics and life coaching. Awaken to established techniques that empower and inspire not only yourself but also the players with whom you are building a relationship. Chapters within discuss various themes, including: The power of caring in having love in your heart The magic of being stronger by being softer The positive effects of a culture of unity and cohesion Tao Coaching, with the Taoist virtues of respect, trust, compassion, belief, and integrity. Dr. Lynch shares wisdom he has accrued in his more than thirty years 'in the trenches', where he has had the opportunity to work with some of the most respected and effective coaches of all time, such as Phil Jackson, Pat Summit, Dean Smith, Tara Vanderveer, Bill Walsh, Anson Dorrance, Cindy Timchal, Missy Foote, and many more. Coaching with Heart will assist you in stepping outside the box with your leadership endeavors whether as a coach, teacher, CEO, military officer, or parent, and implement Zen Coaching approaches to guide others to practice, play, and live with the heart of a champion.

The Future Coach offers simple, fast, hands-on guidance and advice to create confident players who can think independently, co-create and self-manage performances. Coaches will learn new ways to design and implement their playing philosophy, identity, and style of play on and off the field with clarity and confidence.

Would you like to experience amazing clarity, peace, and freedom, even in the midst of challenging circumstances? In this groundbreaking new book, bestselling author Michael Neill shares an extraordinary new understanding of how life works that turns traditional psychology on its head. This revolutionary approach is built around three simple principles that explain where our feelings come from and how our experience of life can transform for the better in a matter of moments. Understanding these principles allows you to tap into the deeper intelligence behind life, access your natural wisdom and guidance, and unleash your limitless creative power. You'll be able to live with less stress, greater ease, and a sense of connection to the larger unfolding of life. Welcome to the space where miracles happen... Are you ready

to begin?

Joe Ehrmann, "the Most Important Coach in America" ("Parade") and subject of the "New York Times" bestseller "Season of Life," describes how sports can transform lives and society--by teaching coaches to use athletics as a way to develop healthy men and women.

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 second 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: power and the coach-athlete relationship viewing the athlete as a learner instructional methods and reflection how our view of ability informs assessment 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.

Leaders and managers throughout the sporting world face many ethical challenges on a daily basis. Should an athletic director chastise an unruly but influential supporter? What factors should affect an athlete's eligibility? Is competitiveness acceptable in youth sports? This text shows aspiring sports management professionals how to identify the moral issues in sports and develop principle-centered leadership practices to lead with justice, honesty, and beneficence. Among the issues addressed are the conflict between sportsmanship and gamesmanship, violence in sports, racial and gender equity, performance-enhancing drugs, academics, and commercialization. Throughout, specific examples from real-world sports situations and reflective questions encourage students to think critically. Instructors considering this book for use in a course may request an examination copy here.

Try to recall the best coach you've ever had. Consider what differentiated them from other coaches; what made them so effective? Was it their knowledge and programming, or did it come down to the way they communicated with you and the way they made you feel? While the former are critical, it is a coach's words that set them apart from the rest. The Language of Coaching focuses on the impact that communication has on an individual's ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback, and cueing can significantly affect training outcomes. Grounded in motor learning and the science of attentional focus, Winkelman takes you on a journey, guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support. Packed with stunning visuals, the book provides over 25 movement sequences that outline different types of coaching cues, including a visual depiction of unique analogies, such as a sprinter taking off like a jet or an athlete loading into a jump like a spring. The book is filled with a comprehensive collection of cueing frameworks that guide you through the process of creating your own cues for any movement you want to teach. You will also learn how to engage in more productive conversation with your athletes through sample dialogue that uses the book's cueing philosophy. Whether you are new to coaching or a seasoned veteran, The Language of Coaching will help you grow as a communicator and learn how to coach the person with the same precision as you do the program. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Language of Coaching Online CE Exam may be purchased separately or as part of The Language of Coaching With CE Exam package, which includes both the book and the exam.

How do the world's best coaches get the best from their athletes? How do top coaches design practices, inspire their players, and build teams that sustain their excellence season after season? Is there a difference between coaching men and women? What about coaching your own child? Most importantly, are these secrets available to the rest of us coaching youth, high school, and college teams? In Every Moment Matters, renowned coach educator John O'Sullivan has collected hundreds of interviews with top coaches, sport scientists, psychologists, and athletes and distilled them into a blueprint for becoming a more effective and inspiring leader. It will reshape your coaching journey by helping you answer four simple questions: Why do I coach? How do I coach? How does it feel to be coached by me? How do I define success? Great coaches realize something that others do not: every moment matters! You must be intentional about everything you do. Whether you are coaching your local youth soccer team, leading your high school football program, or competing for an NCAA Championship, Every Moment Matters will give you the tools and strategies to become the coach you always wished you had, and the coach today's athletes are craving. Get ready to have your best season ever!

The Double-Goal Coach is filled with powerful coaching tools based on Jim Thompson's Positive Coaching Alliance. These strategies reflect the "best-practices" of elite coaches and the latest research in sports psychology. Hundreds of workshops have shaped these tools for maximum effectiveness and ease of use. The lessons and activities can be used in the very next practice to make sports fun and to get the best from players. The Double-Goal Coach provides the framework for coaches and parents to transform youth sports so sports can transform youth -- allowing young athletes to enjoy sports while learning valuable life lessons.

Renowned NFL analysts' tips to make football more accessible, colorful, and compelling than ever before More and more football fans are watching the NFL each week, but many of them don't know exactly what they should be watching. What does the offense's formation tell you about the play that's about to be run? When a quarterback throws a pass toward the sideline and the wide receiver cuts inside, which player is to blame? Why does a defensive end look like a Hall of Famer one week and a candidate for the practice squad the next? These questions and more are addressed in Take Your Eye Off the Ball 2.0, a book that takes readers deep inside the perpetual chess match between offense and defense. This book provides clear and simple explanations to the intricacies and nuances that affect the outcomes of every NFL game. This updated edition contains recent innovations from the 2015 NFL season.

A top sports educator and former NFL standout featured in the best-selling Season of Life draws on his professional experiences to demonstrate how coaches can gain a deeper understanding of their responsibilities and influence,

outlining tools for creating more meaningful athletic experiences for teams.

Excellent for youth and high school coaches who are looking for ways to "build better women and men," this resource will encourage readers to learn more about Coach Joe Ehrmann's InSideOut Coaching.

Those persons who desire to get into coaching an athletic team at any level, often times do not fully understand all that is involved in becoming a coach. Often they aspire to coach because they once participated and still want to be actively involved in sports, or they have a deep desire to be involved even though they themselves may not have been an active participant. Having been a coach on the youth sports, interscholastic and intercollegiate levels, I experienced each of the the trials encountered with coaching. This included being the equipment manager, the athletic trainer, arranging transportation, rooms, meals, ordering equipment and inventory control. Currently being in the position of directing the preparation of those choosing to become a coach, and being responsible for the soliciting and hosting of a variety of sports events for league and conferences championships, as well as, high school state championships, I found that too often those pursuing coaching do not realize all that coaching entails. Many people see coaching as a high profile glamorous position. The part of coaching most noticeable is about 10% of their job: show time and game time. What is not seen or known is the remaining 90% where all of the preparations and many problems occur. This book is to help enlighten those who choose to get into coaching as to all the duties, responsibilities one will most likely encumber. To alert people of the many and varied tasks associated before they accept a coaching positions is the primary purpose of this book.

Calling Up is a guide for coaches of all sports at all levels that presents a step-by-step process to building a transformational culture, starting with changing coaching behaviors, attitudes, and language. Modern-day coaches face the same challenges every day: entitled youth, overinvolved parents, and the community and administration's expectation for wins. Coaching does not just take a great deal of time; it takes an emotional and physical toll, and coaches need to know they are not the only ones facing these struggles. After over 11 years of coaching, and his own coaching philosophy transformation, J.P. Nerbun felt called to share the hard lessons that could not be found in a book when he started coaching. Calling Up provides an easily accessible and inspiring story as J.P. details the transformative experience of a high school basketball coach named Daniel and his year-long struggle to keep his job while working to become the coach he always wanted to be. Apart from the entertaining and relatable story, which connects with coaches on a personal level, Calling Up provides coaches with principles based on scientific research and personal experience that explore how people learn, what motivates them, and the human condition. These principles are shared by some of the most highly qualified and successful coaches in sports and J.P. also provides specific tools and explains how those tools are applied within the context of a team. At the end of the day, Calling Up shows coaches not just how to build great athletes, but how to build great people.

With more than 60 million athletes involved in sports in America, it is estimated that one coach will impact more people in one year than the average person does in a lifetime. Today's coach could be one of the greatest authoritative figures in the life of today's adolescent. So the question isn't whether coaches leave a legacy, but rather, what will that legacy be? Current trending research shows that only 15% of coaches are intentional about coaching beyond the skills and strategies of the game (1st Dimension). A 3-Dimensional Coach understands and harnesses the power of the coaching platform to coach the mind (2nd Dimension) and transform the heart (3rd Dimension). They can be the catalysts for internal transformation that guides both the coach and the athlete on a spiritual journey to finding purpose in our performance-based culture. Now that's a legacy! In 3D Coach, National Coaches Training Director Jeff Duke shares his own journey through the three dimensions of coaching and how it has impacted his life and those around him. He also shares the personal stories of coaches from all levels who have implemented the 3D concept into their own programs and who have pointed to Jesus Christ, the Master Coach, as the ultimate example of how to lead athletes to true significance.

We imagine a world where every student-athlete is mentally healthy, soulfully inspired, joyfully engaged, and physically performing at their highest potential on and off the field. We know for a fact that coaches and parents have the power to lead their kids to these types of uncommon results, they just don't know how. The sad truth is that youth anxiety, stress, burnout, comparison, injuries, perfectionism, and identity disturbance are at all-time highs. Our shortsightedness as leaders is killing the confidence and long-term success of our youth. In the book, The Youth Truth, Andrew starts by sharing the shocking and scary realities facing our student-athletes today. He then dives deep into solutions- Love-Powered Leadership and Mindset Performance Coaching. When these two things are prioritized and implemented by coaches and parents who are both humble and hungry to ignite change, the result is a NEW TRUTH for our youth. Together, we can change the youth sports industry. Together, we can change generations. Together, we can change families, team cultures, and we can create champions both on and off the field. The Youth Truth will equip coaches and parents with the tools they need to gain more influence, develop stronger connections with the youth, and the ability to motivate and inspire our student-athletes more profoundly than ever before.

Outlines the author's philosophies about coaching and life, as penned in a letter to the parents of a little league player, while tracing his appointment as a manager for the St. Louis Cardinals and his successful first seasons.

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