Basketball Coaching Guide Special Olympics Home Page

For almost forty years, Dean Smith coached the University of North Carolina basketball team with unsurpassed success, having an impact both on the court and in the lives of countless young men. In A Coach's Life, he looks back on the great games, teams, players, strategies, and rivalries that defined his career and, in a new final chapter, discusses his retirement from the game. The fundamentals of good basketball are the fundamentals of character—passion, discipline, focus, selflessness, and responsibility—and superlative mentor and coach Dean Smith imparts them all with equal authority.

Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." --Ken Griffey Jr., Major League Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial." --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." Mind Gym will give you the "head edge" over the competition.

Pete Newell's Playing Big offers a rare opportunity to learn from a basketball coach who has taught Shaquille O'Neal, Hakeem Olajuwon, and Bill Walton the finer points of post play and added new inside dimensions to the perimeter games of Shawn Marion, James Worthy, and Scottie Pippen. With this book and DVD, you too can learn and apply the tactics and techniques from the world's foremost expert on playing big and dominating the inside game.

From 2015 WNBA MVP, 2016 Olympic gold medalist, and global ambassador to the Special Olympics Elena Delle Donne comes the first novel in a brand-new middle grade series with as much heart as there is game. Elle Deluca is a seventh grader who is tall—not just sort of tall. She's six feet tall. And for a twelve-year-old girl, this means that her basketball team has high hopes for her changing positions and becoming their starting center. But a new position is not the only footwork she has to learn. Her class's dance unit in gym is coming up, and that means she has to learn ballroom dance steps with a boy much shorter than her—and perform publically for a grade. In the first book in WNBA MVP and Olympic gold medalist Elena Delle Donne's Hoops series, Elle must figure out a way to remain herself when others want her to be someone else.

This We Believe in Action
Coaching Youth Basketball
Resources in education
The Mental Game of Basketball
Work Hard, Be Kind
The Coach's Playbook Against Drugs

The Mental Game of Basketball gives you the same mental conditioning system that Peak Performance Coach Brian Cain uses to train some of the top basketball coaches, players and programs on playing the game one play at a time. Every play in basketball has a life and history of its own. In most games there will only be a handful of plays that determine the outcome of that game. As a coach or player, you never know what play will be the one that makes the big difference, so you have to treat them all as if they are going to be that big play. The free throw made in the first quarter is just as important as the buzzer beater shot at the end of the game. All four quarters equal the outcome of the game, not just the final basket made or missed shot. Playing the game of basketball one play at a time is what the mental game is all about. Giving yourself the best chance for success on this play in turn gives you the best chance for success on the scoreboard at the end of the game. This book is an extensive collection of Cain's experiences working as a mental conditioning coach in the game of basketball and is a body of work that, when put into action, will unlock your potential and take your game to the next level. This is a book about the process of becoming a person, player, coach and program of excellence. This is a book about becoming a champion so that you can win more championships. This is a book designed for you to become more so that you can get more out of yourself and others. This book will provide you with the guiding principles that will give you the best chance for success in basketball and in life. The material in this book has worked for real basketball players and coaches in real college and high school programs around the country. This is not a book on theory; it is a book on APPLICATION! You must actually DO what we suggest in this book. Reading this book is simply not enough; YOU MUST PUT WHAT YOU LEARN INTO ACTION!

A practical guide to volleyball that offers insight into the best coaching and performance techniques to help players improve their skills and teamwork.

This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

Monitoring Training and Performance in Athletes provides practitioners with the information needed in order to oversee an athlete monitoring system and to collect, analyze, and interpret monitoring data so that training programs can be adjusted to achieve optimal athlete preparation and performance.

The Routledge International Encyclopedia of Sport and Exercise Psychology
Playing Out of Your Mind
Routledge Handbook of Strength and Conditioning
An Athlete's Guide to Inner Excellence
Letters to a Young Athlete
A Systematic Approach to Elite Speed and Explosive Strength Performance

Strength Training for Basketball will help you create a basketball-specific resistance training program to help athletes at each position--guard, forward, or center--develop strength and successfully transfer that strength to the basketball court.

Despite being one of the most popular sports worldwide, basketball has received limited research attention compared to other team sports. Establishing a strong evidence base with high-quality and impactful research is essential in enhancing decision-making processes to optimize player performance for basketball professionals. Consequently, the book entitled Improving Performance and Practice in Basketball provides a collection of novel research studies to increase the available evidence on various topics with strong translation to practice in basketball. The book includes work by 40 researchers from 16 institutions or professional organizations from 9 countries. In keeping with notable topics in basketball research, the book contains 2 reviews focused on monitoring strategies to detect player fatigue and considerations for travel in National Basketball Association players. In addition, 8 applied studies are also included in the book, focused on workload monitoring, game-related statistics, and the measurement of physical and skill attributes in basketball players. This book also has a strong focus on increasing the evidence available for female basketball players, who have traditionally been under-represented in the literature. The outcomes generated from this book should provide new insights to inform practice in many areas for professionals working in various roles with basketball teams.

"Gary Pluff has put together a great manual for basketball players 12-to-18 who want to get better. The A-Z Basketball Book is a great read for those interested in learning more about the game and becoming improved players." Jim Boeheim, Head Coach Syracuse Men's Basketball The A-Z Basketball Book is for all players, from age 12 to 18, that want to know what it takes to excel at the great game of basketball. Developed from a lifetime of coaching, playing, and studying, this comprehensive book condenses all the wisdom of the game down into an easy-to-read A to Z format. Meant to be read over and over again, the book will help young players elevate their game by increasing their knowledge and insight of the sport.

Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and conditioning programme design for over 30 different sports. Enhanced by extensive illustrations and contributions from more than 70 world-leading experts, its chapters present evidence-based best practice for sports including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a particular sport – such as the physiological and biomechanical demands on the athlete – and describes a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of programme design for special populations, including female athletes, young athletes and athletes with a disability. Drawing on the experiences of Olympic and Paralympic coaches and trainers, it offers original insights and practical advice from practitioners working at the highest level. Innovative, comprehensive and truly international in scope, the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers.

The Competitive Buddha
The Volleyball Handbook
Improving Practice and Performance in Basketball
Skills & Strategies for Coaching Soccer
The Talent Code

Before great basketball players developed their superstar flair, they built a solid base of fundamental skills in all phases of the game. Basketball Skills and Drills provides a blueprint for building the foundation that every well-rounded basketball player needs. The book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

Adapted Physical Education and Sport, Fifth Edition, offers a comprehensive look at providing high-quality physical education and sport experiences for people through age 21 with disabilities. Readers learn best practices and applications for inclusion and discover how to develop individualized education programs. The text comes with a DVD and has a companion Web site with an instructor guide, test bank, and PowerPoint presentations.

Former NBA star and Presidential Medal of Freedom recipient Kareem Abdul-Jabbar explores his 50-year friendship with Coach John Wooden, one of the most enduring and meaningful relationships in sports history. When future NBA legend Kareem Abdul-Jabbar was still an 18-year-old high school basketball prospect from New York City named Lew Alcindor, he accepted a scholarship from UCLA largely on the strength of Coach John Wooden's reputation as a winner. It turned out to be the right choice, as Alcindor and his teammates won an unprecedented three NCAA championship titles. But it also marked the beginning of one of the most extraordinary and enduring friendships in the history of sports. In Coach Wooden and Me, Abdul-Jabbar reveals the inspirational story of how his bond with John Wooden evolved from a history-making coach-player mentorship into a deep and genuine friendship that transcended sports, shaped the course of both men's lives, and lasted for half a century. Coach Wooden and Me is a stirring tribute to the subtle but profound influence that Wooden had on Kareem as a player, and then as a person, as they began to share their cultural, religious, and family values while facing some of life's biggest obstacles. From his first day of practice, when the players were taught the importance of putting on their athletic socks properly; to gradually absorbing the sublime wisdom of Coach Wooden's now famous "Pyramid of Success"; to learning to cope with the ugly racism that confronted black athletes during the turbulent Civil Rights era as well as losing loved ones, Abdul-Jabbar fondly recalls how Coach Wooden's fatherly guidance not only paved the way for his unmatched professional success but also made possible a lifetime of personal fulfillment. Full of intimate, never-before-published details and delivered with the warmth and erudition of a grateful student who has learned his lessons well, Coach Wooden and Me is at once a celebration of the unique philosophical outlook of college basketball's most storied coach and a moving testament to the all-conquering power of friendship. Instant New York Times and USA Today Bestseller President Barack Obama's Favorite Book of 2017 A Boston Globe and Huffington Post Best Book of 2017 Pick

In this inspiring memoir, David Egan tells his own story, giving us a window into a life spent pushing boundaries. With a family undaunted by his diagnosis of Down syndrome, Egan learned early to speak up for himself. He has since become a powerful advocate for all people with disabilities. His optimistic perspective rejected the limits of stereotypes and the expectations of others. He shares how the support of loving family and friends led him to overcome challenges and blaze new trails. It started with swimming and baseball, when he earned places on his neighborhood teams, competing fiercely and as a fully accepted teammate. He writes firsthand of the empowering feeling of being fully included in elementary school and at work as an adult. Egan has earned positions at prestigious companies and a distinguished fellowship on Capitol Hill. He sits on the boards of influential advocacy organizations. He has addressed audiences worldwide and has played a powerful global advocacy role with Special Olympics. He allowed himself to dream big, and he encourages everyone to do the same. His lesson to all of us is to focus on our shared humanity despite our differences--and our diagnoses. This hopeful memoir will encourage everyone to make the most of their lives.

Basketball Skills and Drills
Elle of the Ball
Basketball Sports Medicine and Science
Fundamentals of Sport Management
Sport, Coaching and Intellectual Disability
Training and Coaching the Paralympic Athlete

What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and M dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" an three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,0 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training p Buddha Can Improve Your Sports Performance and Life "No other person has had more influence on my thirty-six years of coaching than Jerry Lynch."—Missy Foote, Head women's lacrosse coach, Middlebury College #1 New Release in Coaching Hockey, Tennis The Competitive Buddha is about mastery, leadership, spirituality, and the Kobe Bryant Mamba Mentality. Discove of the world have brought together the Buddha and athletics for greater fun, enjoyment, and pleasure during their performances. Connect spirituality to sports. Learn what you need to keep, what you need to discard, and what you need to add to your mental, emotional, and spiritual skill set as an athlete, coach, leader, parent, CEO, or any other performer in life. Understand how be better prepared for sports and life, and how sports and life can teach you about Buddhism. On the court, field, and beyond. Dr. Lynch is an avid runner and biker and he has coached athletes at the high school and AAU level. He earned his doctorate in psychology at Penn State University and has done extensive post-doctoral work in the area of philosophy, Taoist and Buddh religions, leadership development, and performance enhancement. Dr. Jerry Lynch demonstrates how certain timeless core Buddha values inspire you to embrace and navigate unchartered waters and understand the Buddha-mind and the Kobe Bryant Mamba Mentality. Become a master coach of your own life. When it comes to leadership and coaching, The Competitive Budd coaches today use the ancient methods for our modern times. Learn specific strategies and techniques for implementing this special way to guide and lead. The Competitive Buddha teaches: • Leadership Skills • How to use Buddhism as an approach to competition • How to master athletics and life Readers who enjoyed Win the Day, Mamba Mentality, or Relentless Optimism w Buddha.

Fundamentals of Sport Management presents foundational knowledge of sport management and what sport managers do to help readers prepare for advanced study or practice in the field. An excellent reference for students or professionals, Fundamentals of Sport Management offers insights into the exciting field, the impact of the sport industry, and the possibilities for employ author team with experience in both the academic world and sport industry, Fundamentals of Sport Management combines introductory concepts with practical information in sport management. The text begins with a discussion of the origins and development of the field, professional associations, essential components of professional preparation, and potential paths to employm in the text cover everything from managerial principles and sport policy to marketing, economics, and ethics in sport. By presenting an overview of the areas involved in sport management, the text allows readers to focus their efforts to prepare for further study, research, and career opportunities. Throughout the text, unique learning features keep readers engaged with the conte information: • Chapter objectives and opening scenarios introduce important concepts in each chapter. • Management Insights explain the background of relevant sport management issues. • Quick Facts highlight surprising facts about sport management. • International Application sidebars detail the global significance of and global applications for sport busines• Success •Story individuals working in sport management. • Quotes offer meaningful insights from experts in the field. • The Short of It sections present summaries at the end of each chapter. Appendixes include a list of online and print resources for further study as well as tips on applying the principles of sport management to various positions in the sport industry. These features and resource among readers and open their eyes to the opportunities in the field. Concise, informative, and practical, Fundamentals of Sport Management addresses the academic foundations of the field for a broad audience while providing real-world examples of sport management. This resource is ideal for those engaging in the field of study for the first time (such as high school and unde seeking an overview of the career options available in sport management (such as professionals exploring a career change). For practitioners, Fundamentals of Sport Management makes a quick reference for basic information on a range of areas in sport management. This text is part of Human Kinetics' Fundamentals of Sport and Exercise Science series. The series helps stu understand the basic topics, goals, and applications of the many subdisciplines in kinesiology. This and other books in the series provide a solid grounding that readers can use as a jumping-off point for further study.

Provides information about careers in the sports industry, including educational requirements, salary, and prospects for each profession.

What Every Player Needs to Know to Be Great at the Game!
The A-Z Basketball Book
Volume 2: Applied and Practical Measures
Coach Wooden and Me
The Carolina Way
Mind Gym

The Routledge International Encyclopedia of Sport and Exercise Psychology integrates the topics of motor control, physical education, exercise, adventure, performance in sports, and the performing arts, in several important ways and contexts, drawing upon diverse cultural perspectives. More than 90 overarching topics have been systematically developed by internationally renowned experts in theory, research, and practice. Each contribution delves into a thematic area with more nuanced vocabulary. The terminology drawn upon integrates traditional discourse and emerging topic matter into a state-of-the-art two-volume set. Volume 1: Theoretical and Methodological Concepts is comprised of theoretical topic matter, spanning theories and terminology from psychology contextualized to sport and physical activity, sport psychology-focused theories, and expansive discussions related to philosophy of science and methodology. Volume 2: Applied and Practical Measures draws upon practical concepts that bridge theory and research and practice. Broader issues that extend beyond sport and physical activity participants are embedded within the entries, intended to augment physical, mental, and social well-being. This expansive encyclopedia is a must-have resource for all professionals, scholars, and students in the fields of sport psychology and sport science.

Assessment in adapted physical education is not a simple task. Variables in assessment instruments and in the administration and interpretation of tests can sometimes generate more questions than answers. That's why special education and adapted physical activity teachers have come to rely on Developmental and Adapted Physical Activity Assessment. Now in its second edition, this is the one of the only textbooks that focuses solely on assessment, providing valuable and in-depth clarity, guidance, and understanding in the principles and practical applications of assessment. Thorough Examination of the Assessment Process Developmental and Adapted Physical Activity Assessment details the assessment process, explains how to use assessment data when making programming decisions, and reviews specific assessment tools for adapted physical educators and physical therapists. It describes assessment concepts and procedures and provides the information teachers need to accurately assess their students with disabilities. Written by four of the most experienced and trusted specialists in adapted physical activity, Developmental and Adapted Physical Activity Assessment • walks you systematically through the assessment cycle from beginning to end, providing accountability for all involved; • helps you assess the whole student—including social, affective, physical, and cognitive domains—to spur development to its fullest potential; • compares and contrasts existing assessment tools; • offers in-depth case studies in each chapter to reinforce and enhance understanding of real-world challenges; and • includes appendixes with sample write-ups of different assessments. The case studies present assessment problems that focus on real-life situations that teachers encounter daily. These case studies will help teachers learn how to identify which test to use and why. In addition, each chapter supplies key terms, key concepts, and review questions. New to This Edition The authors have updated all the chapters to reflect the latest research, regulations, and standards—all information in the text adheres to the newest National Standards for K-12 Physical Education. The updates also emphasize the decisions made in the assessment process and articulate the rationale behind educational decisions. Updated reviews of specific assessment tools emphasize key points where needed and reflect new information based on the most recent versions of the tests. In addition, Developmental and Adapted Physical Activity Assessment offers the following: • A new chapter on assessing sensory function and cognition • New information about concussions (one of the most common issues that physical educators encounter) and how to assess them • A new web resource featuring digital versions of the assessment forms in the book and links to assessment tools, with suggestions for their use • A new glossary to help with the understanding and study of terms Guide to Multiple Assessments This text will guide teachers in developing written recommendations regarding placement and instructional programming for • motor development and motor skill performance, • physical fitness, • sensory function and cognition, • posture and gait, and • behavior and social competencies. Developmental and Adapted Physical Activity Assessment helps teachers know what tests to use on what people, how to administer the tests, how to interpret the results, and how to plan appropriately for their students.

What is the secret of talent? How do we unlock it? This groundbreaking work provides readers with tools they can use to maximize potential in themselves and others. Whether you're coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand research gathered on journeys to nine of the world's talent hotbeds—from the baseball fields of the Caribbean to a classical-music academy in upstate New York—Coyle identifies the three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything. • Deep Practice Everyone knows that practice is a key to success. What everyone doesn't know is that specific kinds of practice can increase skill up to ten times faster than conventional practice. • Ignition We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues. Understanding how these signals work can help you ignite passion and catalyze skill development. • Master Coaching What are the secrets of the world's most effective teachers, trainers, and coaches? Discover the four virtues that enable these "talent whisperers" to fuel passion, inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts. Scientists have discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo's to Michael Jordan's. The good news about myelin is that it isn't fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating examples of regular people who have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential.

Basketball covers the epidemiology of basketball injury, the physiological demands of basketball, preventive medicine, pre-participation examination and special considerations to be given to the young basketball player, and finally looks at the 'special' basketball player -- diabetics, asthmatics, epileptics, etc.

Handbook of Sports Medicine and Science, Basketball
The Comprehensive Guide to Careers in Sports
Strength Training for Basketball
A Coach's Guide to Maximizing the Youth Sport Experience
Monitoring Training and Performance in Athletes
Leadership Lessons from a Life in Coaching

An essential preparation book for the ACSM Certified Exercise Physiologist examination, ACSM's Resources for the Exercise Physiologist, 3rd Edition, is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice. This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology. Published by the American College of Sports Medicine, this practical resource is organized around the scope of ACSM-EP practice domains. A clear introduction to understanding exercise, physical activity, and pre-exercise screening opens the book, followed by thorough coverage of assessment and programming for healthy populations, assessment and programming for special populations, counseling and behavioral strategies for encouraging exercises, and legal, management and professional issues relevant to practice.

Wooden's first-ever instructional basketball book and DVD package provides anunprecedented inside look at the offensive system of this basketball coachinglegend.

A legendary NBA player and beloved teammate shares his hard-earned wisdom about finding your true purpose and mastering your inner game, whatever that game might be. Chris Bosh is on any list of the Top 100 NBA players of all time--an eleven-time All Star, two-time Finals winner, Olympic gold medalist, and currently the league's Global Ambassador. Always an uncommonly philosophical NBA star, he found himself needing all the mindfulness he could muster in 2017, when his career was cut short at its prime by a freak medical condition. Suddenly, he was thrown out of the work that had given so much more than just a livelihood, and had to think deeply about his identity in the world. This game had taught him so much; what could he make of it all? Out of that place of deep reflection has emerged an uncommon book for a retired superstar to write. While it has the best elements of a memoir--the portraits of the great players and coaches, from LeBron and Kobe to Pat Riley and Coach K, and the accounts of extraordinary competitive moments--it is really a wisdom book, a blend of The Inner Game of Tennis, Wynton Marsalis's To a Young Jazz Musician, and Rilke's Letters to a Young Poet. It is rich with insight about basketball, but even richer with insight about life. It's a book about finding a purpose that is deep and real, not shallow and external, and about navigating success and failure as the twin mirages they are--pushing past fear, past ego, past fatigue to the pure flow of sustained accomplishment in a mesh with teammates who have given themselves to the same thing. Chris Bosh found that flow, and sustained it at the highest level. He misses basketball keenly still, but he has no regrets. Deep, honest, unflinching, this book is his friend's hand up to those coming up behind, whatever their pursuit might be.

A book for youth basketball coaches and parents working with 6 to 14 year old athletes, describing in detail how to teach kids important basketball skills and strategies at a level that's just right for them.

Maximum Interval Training
More Alike Than Different
Our 50-Year Friendship On and Off the Court
John Wooden's UCLA Offense
My 40 Years in College Basketball
ACSM's Resources for the Exercise Physiologist

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.

The key to successful coaching is preparing your players to make intelligent decisions on the field. For years, the best-selling Skills & Strategies for Coaching Soccer has helped coaches of every level do just that. Now, soccer's premier coaching resource has been updated and expanded to provide you with more insights into developing individual talent, team tactics, and winning play. Skills & Strategies for Coaching Soccer provides you with over 125 drills for teaching skills and techniques. You'll also learn how to develop these skills in realistic game situations with beginning, intermediate, advanced, and all-star players. Essential skills are presented, including collecting and controlling, passing, dribbling, kicking, heading, and goalkeeping. You'll then apply those individual skills with attacking and defensive tactics, team formations, and set pieces. With Skills & Strategies for Coaching Soccer, you'll learn the what, how, and why of soccer through these essentials: Over 125 drills for beginning, intermediate, advanced, and all-star players Progressing basic drills into realistic, competitive situations Tactics in attack and defense Tactics in set plays Team management Mental and physical preparation for games Handling problem players and parents Fitness and conditioning Preparing and developing coaching sessions Establishing a coaching philosophy Skills & Strategies for Coaching Soccer is an invaluable guide for coaching any team in any setting. The best team doesn't always win—but it usually does.

There are more opportunities than ever before for young people with disabilities to participate in sport and adapted physical education. For example, there are more than 3.7 million athletes worldwide aligned to the Special Olympics organisation, with national associations active in more than 200 countries worldwide. Despite this rapid growth, all too often coaches and teachers lack adequate knowledge of the particular challenges faced by people with intellectual disabilities. The principal aim of this book is to improve the understanding and professional skills of coaches, teachers, practitioners and researchers, to promote awareness of successful programmes addressing the needs of such young people, and to challenge the prevailing myths and stereotypes surrounding their abilities. With contributions from leading researchers and practitioners around the world, this book is the first to explore in depth the topic of sport and intellectual disability from a coaching perspective. Including both theoretical discussion and empirical case-studies, the book covers a full range of contemporary issues and themes, including training and coaching, family support, perceptions of disability, athlete motivation, positive sport experiences, motor development programmes, and social and cultural aspects of disability. Sport Coaching and Intellectual Disability is important reading for any student, researcher, coach, teacher, manager or policy maker with an interest in disability sport, physical education, coaching, or mainstream disability studies.

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research: • Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span • Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete • The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity • Considerations in the development of optimal programs for participants passing through each of the seven stages Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

My Life with Down Syndrome
How to Up Your Game in Sports, Leadership and Life
Greatness Isn't Born. It's Grown. Here's How.
Triphasic Training
Playing the Game One Play at a Time
Long-Term Athlete Development

Are you ready to challenge yourself, and turn up the intensity of your workouts? Are you ready for a proven program that burns fat, increases muscle, and sculpts the physique you've always wanted? If so, then Maximum Interval Training is for you! Maximum Interval Training combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results. You'll find step-by-step instructions, expert advice, and photo depictions of 147 exercises as well as ready-to-use programs for power, strength, endurance, quickness, agility, tactical training, and total-body conditioning. But rest assured that it won't be more of the same. You'll test your limits with a regimen of sprints, medicine balls, heavy ropes, kettlebells, sandbags, body-weight exercises, and suspension training. Train with maximum intensity for maximum results!

The 2021 & 2022 NIRSA Flag & Touch Football Rules Book & Officials' Manual provides the latest rule changes in flag and touch football. It offers updated information for officials, including rules for Unified flag football and updated field diagrams reflecting the 30-yard line.

The most successful coach in college basketball history shares his complete coaching philosophy and demonstrates how to apply it to the leadership and team-building challenges in one's professional and personal life, emphasizing the three key principles of Play Hard, Play Smart, and Play Together.

Part of the esteemed IOC Handbook of Sports Medicine and Science series, this new volume on Training and Coaching the Paralympic Athlete will be athlete-centred with each chapter written for the practical use of medical doctors and allied health personnel. The chapters also consider the role of medical science in the athlete's sporting career and summarize current international scientific Paralympic literature. Provides a concise, authoritative overview of the science, medicine and psycho-social aspects of training and coaching disabled and Paralympic athletes Offers guidance on medical aspects unique to the training and coaching of Paralympic athletes Endorsed by both the International Olympic Committee (IOC) and the International Paralympic Committee (IPC) Written and edited by global thought leaders in sports medicine

Sport-specific Programming for High Performance
A Coach's Life
2021 and 2022 NIRSA Flag and Touch Football Rules Book and Officials' Manual
Portable Guide
Developmental and Adapted Physical Activity Assessment
Adapted Physical Education and Sport

How athletic coaches can use their positions as role models and mentors to help prevent drug use among young people.

Pete Newell's Playing Big
Implementing Successful Middle Level Schools