

Ittf Advanced Coaching Manual

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provides updated information on the sport sciences including anatomy physiology psychology biomechanics and skill acquisition which are vital for coaches in a range of sports features practical guidelines to develop athletes case studies and anecdotes to demystify technical sports science information

the role of the coach the athlete improving the athlete factors influencing the athlete planning considerations australian sports commission

truly the ultimate guide for a coach this book is a must read for all coaches whether they are starting out or are well entrenched with all my years in coaching i still discovered new insights michael beale nlp coach and trainer coaching can be transformational or simply transactional if you truly want to transform lives then this book is a must read coaching is far more than a job it is a mission transformational coaches focus on their self development as much as they do on the development of their clients all coaches need to be aware of the different coaching frameworks paradigms and tools used by master coaches world over in five straightforward sections this book guides you through the steps you need to achieve optimal success as a coach section i the abcs of coaching section ii coaching frameworks models and tools section iii case studies section iv the business of coaching section v resources it is an extensively researched overview of the latest developments in

neuroscience emotional intelligence and positive psychology among many coaching frameworks if you are new to coaching you will find out how to start your coaching business if you are a seasoned professional you will learn how to strengthen your practice this book also offers coaching insights in the post pandemic era

a manual of coaching techniques advice and guidelines for the canoe and kayak coach this book is a mine of useful information and practical tips if you aspire to be a better canoe or kayak coach this is the book for you the book divides into three sections part one deals with coaching theory and fundamentals such as psychology and physiology explained in terms that make sense to a practical coach part two looks at generic coaching skills that will provide useful tools whatever discipline the coach is involved in it works its way from introducing people to canoesport right through to coaching elite athletes part three looks at specific aspects of canoesport such as slalom racing sea kayaking white water kayaking open canoeing and freestyle

a one stop shop for anyone interested in learning how to obtain train raise and live with a service dog the ultimate service dog training manual is the essential resource for laypeople handlers and trainers alike who deal with service dogs covering everything you need to know about obtaining training and living with service dogs this comprehensive guide provides practical dos and don ts tips and tricks and advice on raising the perfect service dog for various situations complete with illustrative photos tips sidebars and detailed information including the history of service dogs the legalities of where they are allowed in public and who is permitted to have them what rights are in place to protect them and more this service dog bible covers service dog topics like what handlers want you to know the path to becoming a service dog service dog jobs from allergen alert dogs to psychiatric and seizure dogs costs of owner training fake or under trained service dogs what service dogs should and should not do in public what makes a dog unsuitable overview of standards requirements certifications and gear task training from opening doors to assisted pick up and more service dog socialization service dogs at work and school service dog retirement the difference between service dogs therapy animals and emotional support animals and more

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