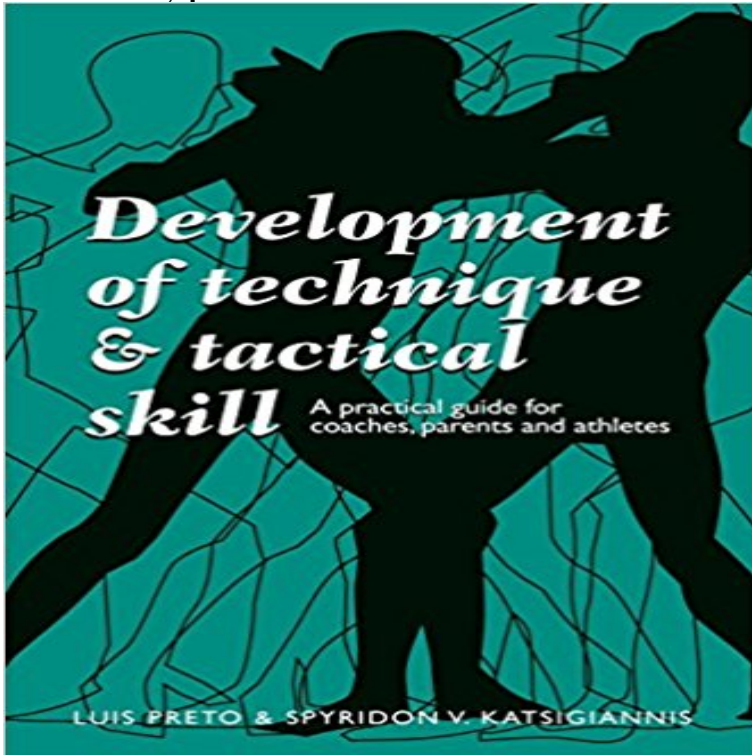


Development of Technique & Tactical Skill: A practical guide for coaches, parents & athletes



SUCCESSFUL SPORTS TEACHING MADE EASY ... because everyone deserves a great sport experience! A practical system from a coach to coaches, parents & trainees Looking for innovative teaching methods? Frustrated with complex and not so practical books on teaching? This book bridges the gap between sports teaching scientific research & the practical day-to-day work of teaching sport skills. Better yet, it makes teaching uncomplicated by sharing great insight into: What makes up movement software How motor skills are developed as an adaptation to opponents traits, game rules & ones body image The optimization of the psychological variables that influence performance All culminates in a teaching system that optimizes: Motivation Concentration Coordination Memorization Transfer from drills to game performance These topics are covered by sharing both concepts and real world teaching applications and in a such straight forward that reading this book easily fits anyones busy schedule.

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