

# The Art of Team Coaching



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Here at last is a coaching guide that offers effective solutions to coaching challenges in a quick, easy-reading format. The Art of Team Coaching offers real insight into what it takes to create a successful team. Author Jim Hinkson has mined his 30 years of team coaching experience to create a handbook that will be invaluable to every coach, whether beginner or veteran. The Art of Team Coaching ranges over all aspects of coaching. Hinkson offers practical advice for such tasks as choosing players, organizing for the long term, and running practice sessions and team meetings. He offers inspiring approaches to the vital skills of motivation, discipline, and communication. Finally, Hinkson shows what coaches can do to develop their own abilities to achieve excellence. The Art of Team Coaching focuses on the coaching of team sports, particularly those that involve rapid movement up and down the playing field such as soccer, hockey, basketball and lacrosse. But anyone set the task of organizing and motivating others to achieve a common purpose will find helpful tips that they will be able to put to work right away.

作者介绍:

目录:

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