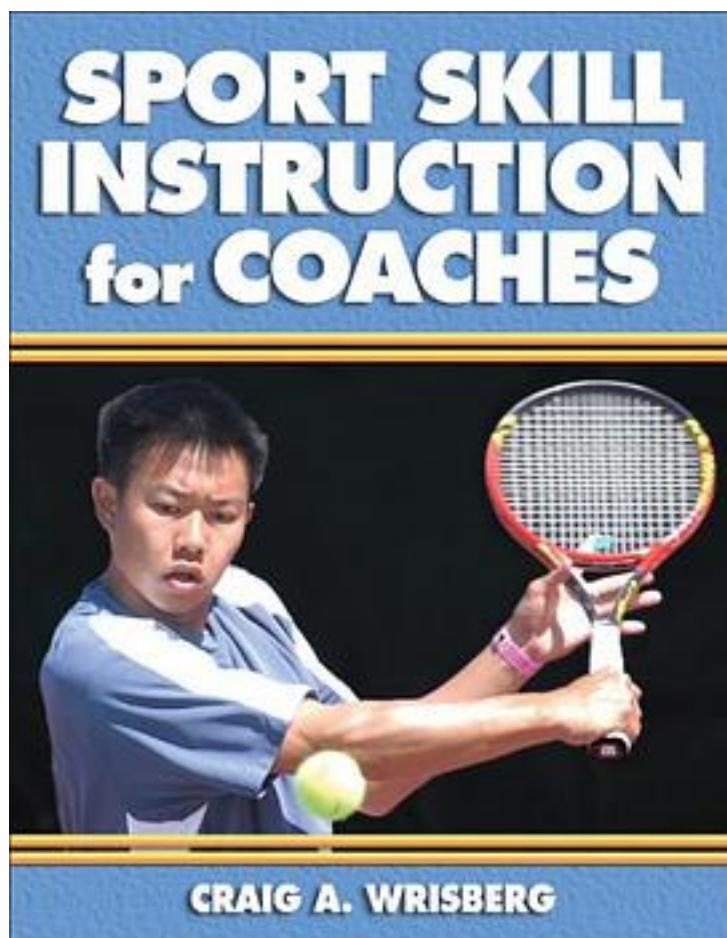


Sport Skill Instruction for Coaches



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This work is aimed at coaches, PE teachers and professionals working with athletes. It is designed to introduce sport science topics to coaches, as well as how these concepts can be applied to enhance sports performance. It is divided into three

sections: Foundations of Skill Instruction, Skills Your Athletes Need and Designing Practice Sessions. Each section includes learning objectives, sport-specific applications of key concepts and principles, chapter summaries, key terms, review questions and a comprehensive glossary. Each chapter focuses on specific skill categories coaches might use to train athletes, including technical, tactical and mental skills. It covers a variety of topics on the content and structure of skill practice, including the coaching relationship, verbal instructions, visual demonstrations, physical guidance, practice techniques, as well as the need for repetition and variation in training. Coaches at all levels will find the tools they need to teach sport skills.

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