

How to COACH a GAME
Where Everyone WINS

YOUR FIRST
COACHING
BOOK

A Practical Guide For
Volunteer Coaches

The NATIONAL ALLIANCE
FOR YOUTH SPORTS



Your First Coaching A Practical Guide For

Jenny Rogers



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Your First Coaching Book The National Alliance for Youth Sports,2013-09-05 As a youth sports volunteer you should get used to wearing many hats for you ll be not just a coach but also a teacher friend and confidant Coaching can be rewarding but if you venture into the season unprepared the role can be a frustrating one Enter Your First Coaching Book Created by The National Alliance For Youth Sports it provides valuable tips on how to encourage fun and good sportsmanship maximize basic skill development deal with inappropriate behavior from players and parents and prevent injuries by maintaining high safety standards Whether you re a first year coach or a seasoned veteran the children on your team will remember you and their sports experience for the rest of their lives Your First Coaching Book will help ensure that these memories are happy ones Your First Coaching Book The National Alliance for Youth Sports,Square One Publishers,2006-01-01 As a youth sports volunteer you should get used to wearing many hats for you ll be not just a coach but also a teacher friend and confidant Coaching can be rewarding but if you venture into the season unprepared the role can be a frustrating one Enter Your First Coaching Book Created by The National Alliance For Youth Sports it provides valuable tips on how to encourage fun and good sportsmanship maximize basic skill development deal with inappropriate behavior from players and parents and prevent injuries by maintaining high safety standards Whether you re a first year coach or a seasoned veteran the children on your team will remember you and their sports experience for the rest of their lives Your First Coaching Book will help ensure that these memories are happy ones *Coaching for Careers: A practical guide for coaches* Jenny Rogers,2019-09-25 How can coaches help clients navigate the changing world of work This book offers a step by step practical guide to running a complete career coaching programme assessing the present looking at motivation skills and personal brand writing the most powerful CV r sum getting through a job interview or assessment centre successfully and negotiating terms for a new job Career coaching has never been needed more now that jobs for life have disappeared being made redundant is common the gig economy is here to stay and young people often must start in unpaid roles The principles of career coaching are much the same whether you are a professional executive coach or a volunteer working for a charity whose aim is to get people back into work But how do you do it most effectively The focus must be on the whole career coaching cycle and building a holistic understanding of how a client s personal and professional life has influenced the person they are today who they want to be and how to set successful goals Important reading for any coach who wants to understand and improve their career coaching This is a must have resource for all coaches to support clients in career and job transition Terry H Hildebrandt PhD MCC MCEC Director of Evidence Based Coaching Fielding Graduate University USA The clearest wisest guide I have yet read on coaching towards success in the complex world of work Sarah Gillett CMG CVO Former ambassador and coach in training Jenny continues to set the bench mark for what it means to be a great coach An inspiring read for anyone interested in coaching Kate Stephens CEO Smart Works Charity The wealth of Jenny s own

experience and the depth of her expertise gives her the authority to teach us all and we are grateful to her for the extent of our continued learning Catherine Devitt CEO Meyler Campbell This is far more than a superbly comprehensive set of tools and techniques for career coaching although it definitely is that This is a masterful narration of the whole story of career coaching at a much deeper level Jane Cook Head of Leadership and Coaching Linden Learning An experiential step by step guide to working with clients who are exploring real issues around their work career and life to bring out their best selves One of the best in furthering your learning and growth as a coach Diane Brennan DBH MCC Director of Leadership Organizational Development University of Arizona and Past President of the International Coach Federation 2008 A thorough overview of the skills and knowledge required by career coaches This not only defines the coach s professional toolkit but reveals the very best practice in career coaching John Lees author of *How to Get a Job You Love* *Theory, Research, and Practical Guidelines for Family Life Coaching* Kimberly Allen, 2016-05-24 This volume focuses on breaking ground with family coaching presenting theory research and practical guidelines for researchers educators and practitioners Readers will discover a theoretical overview of coaching psychology and family science accessibly presented research and models of family coaching and family life education The insight this book provides into family systems and practical information on coaching families will be valuable to youth coaches parent coaches life coaches and counsellors amongst others Beginning with a brief introduction on the necessity of this volume and further research on family coaching in general the author takes readers progressively through the family coaching process The book explores specific strategies for coaching parents couples and families on relationships parenting special needs and much more Each chapter offers a theoretical base as well as applied guidance including case studies powerful questions and tips from experienced family coaches Whether you are a family therapist a coaching psychologist or a family life professional that serves children and families this book is ideal for gaining a better understanding of how to coach families toward positive family functioning Dr Kim Allen delivers an engaging and reflective book offering a comprehensive guide for those interested in becoming a family coach **Ebook: Mentor Coaching: A Practical Guide** Clare Norman, 2020-03-26 This practical guide argues that both mentor coaching and supervision be mandated by the professional coaching bodies as part of coaches continuous professional development Mentor coaching is not just for those coaches seeking a credential it is for lifelong professional development for every coach at every level of the profession You are the best coaching tool there is Tools need to be oiled sharpened repaired and protected to keep them in tip top condition That s what mentor coaching and supervision do they keep coaches sharp and fit for purpose The reader will learn how to develop as a coach using mentor coaching as well as how to develop as a mentor coach to support other coaches to develop Clare Norman explains what mentor coaching is why it is so important and the competencies for mentor coaching How coaches show up in the room is more important than how much we know about the theory behind coaching Clare Norman s concise book is important reading for all practising coaches as well as coaches and

mentor coaches in training **A Coach's Manual for Beginners** Craig Shankle, 2003-02-04 This book is a compilation of my observations and experience over the years it represents my personal philosophy of the game and coaching As such against the dictates of proper English language usage I have used personal pronouns ad nauseam because it is my experience and my philosophy Much of what I have espoused in this book goes against sound winning baseball theory and sound baseball strategy specifically with regard to the batting order and rotation of players through the positions These are formative years for players and their baseball experience should be fun and of an instructional nature where they experience different positions and test their newfound skills and abilities The stated premise of this book is to have fun and learn to be good citizens There will be plenty of time later on to hone skills and settle on one or two positions for specialization and to develop the killer instinct For now the objective is to acquaint players with the game while having fun and not drive them from it for life by insisting on perfection Just because you adopt the techniques espoused herein does not mean you will have a losing season or that you are not being competitive or teaching sound baseball It just means you are considering the individual as a whole and helping him/her to become responsible members of a team whether athletic or social Some players seem to be born with presence while others may have it instilled by their parents at a young age Finding these rare and stimulating leaders and challenging their abilities in order to stretch their performance level is the coach's job Because they learn so quickly you may teach them more perhaps than you would a player not similarly gifted This does not mean the accomplishments of the less gifted are inferior to those of the gifted player Try to challenge each player according to his/her abilities and reward their successful achievements with positive reinforcement Winning baseball strategy dictates you place your best six hitters at the top of the batting order Most consistent at getting on base bats first Best bunter second Best hitter third Next best hitters fourth fifth and sixth Poorest hitters seventh eighth and ninth The eighth and ninth slots are usually reserved for the catcher and pitcher Then place your best fielders at all the key positions and play them there constantly Rotate your worst players into the game where they can do the least damage and leave them there for the shortest time possible under league rules If that's the way you want to play the game and coach your players then this book is not for you Conversely if your goal is to help small children grow to learn to enjoy baseball at all levels and in the process become good citizens and have fun doing it then this book may help Throughout I have made many blanket statements and stated things should or should not be done a certain way Please do not misunderstand me just as Baseball is a game of inches so too is it many shades of gray Please feel free to adjust and compromise as necessary from time to time for the mutual benefit of both the team and enjoyment of the players I guess all I have been saying is just try to do what's right I know I have forgotten to include many important details that may have been helpful to your coaching experience please forgive me I tried I hope that this will give you enough information to overcome your fears and give coaching a try Thanks for your attention and perseverance Good luck next season and may you have many successful seasons and dedicated players in the future **The**

Coaching Toolkit Shaun Allison, Michael Harbour, 2009-05-20 Do you want to know how to establish a coaching programme in your school Using lots of examples of successful coaching in practice to set you on the road to coaching success this book guides you through the process of setting up and running an effective coaching programme in your school The authors are both secondary specialists but the principles they set out in this book are broadly applicable to all schools There is clear advice on introducing coaching in your school choosing your coaches training your coaches measuring the positive impact of coaching on the school making coaching part of professional development for all staff a suggested timeline for implementing a coaching programme Features of the book include chapter objectives questions for reflection to use in training activities a number of short case studies from secondary schools and further education colleges showing how coaching has worked in practice suggestions for further reading and pointers to useful websites There are useful photocopiable materials provided to use with most chapters and there is a PowerPoint presentation available entitled Coaching for Performance that you can use to explain ideas to colleagues This bank of resources that accompanies the book is available to download from the SAGE website and you can adapt the materials for any setting This book is an ideal resource for anyone looking to establish a coaching programme in their school and offers you all the support guidance and resource materials you will need So *You're A Soccer Coach, Now What? : The beginner's guide to coaching youth recreational soccer* Michael Simcox, A Practical Guide to Rational Emotive Behavioural Coaching Windy Dryden, 2017-12-15 In his clear and concise style Windy Dryden outlines the steps and strategies that coaches using Rational Emotive Behavioural Coaching REBC should employ as a guide when working with coachees in development focused REBC and in problem focused REBC addressing both practical and emotional problems A Practical Guide to Rational Emotive Behavioural Coaching shows how REBC coaches can address the inevitable obstacles to coaching progress that are likely to occur in all types of REBC and outlines the most common steps for each type of coaching including common strategies for the implementation of each step The book also includes a unique survey developed by the author designed to help coachees in development focused REBC assess and evaluate healthy principles of living The book will be an essential resource for coaches in practice and training for professionals working in human resources and learning and development and for executives in a coaching role **Coaching Supervision** David Clutterbuck, Carol Whitaker, Michelle Lucas, 2016-03-31 Just like the coaching relationship supervision is most successful when it is a collaborative endeavour with both parties clear on their roles and the process Coaching Supervision is an intensely practical book providing guidance on when why and how to seek supervision and on how coaches can make the most of the supervision they receive Written by experienced supervisors who have a deep understanding of the field and drawing on research into good practice internationally this book Explains what supervision is and how it differs from other helping conversations Provides a step by step approach to choosing a supervisor Advises on how to structure the coach mentor development journey Explores a breadth of activities that enhance reflective practice Shows how supervision is an

integral element of professional coaching and mentoring This practical guide will be vital reading for all established and trainee coaches and mentors participating in the supervision process either as supervisors or supervisees

Achieving Success for New and Aspiring Superintendents Mary Frances Callan, William Levinson, 2011 The authors of this book wrote it for those aspiring to be superintendents those new to the position and those completing their second or third year and who are looking to the future What makes their approach unique is the belief that talented people who aspire to be superintendents are far more likely to accomplish that goal and achieve success on the job if they understand the totality of the position School districts are complex organizations Providing effective leadership to these organizations requires mastery of a wide array of leadership and organizational skills Aspiring superintendents with vision and motivation who understand the inherent challenges of the position have a great advantage over those who do not The book's goal is to provide readers with this advantage This is why the book covers the full cycle of the first superintendent position preparation application and transition the challenges of the first few years and the decision to stay or move to another position Aspiring and new superintendents who read the book will learn about the full range of skills and knowledge needed to succeed They will be better prepared to be effective superintendents

Coach 'Em Way Up Lynn Guerin, Jason Lavin, 2020-11-17 All Great Coaches Are Good Leaders But Not All Good Leaders Are Great Coaches Coach Em Way Up teaches readers to exhibit their best thinking set a great example assess how you teach lead with confidence and mentor others to put them on a path to lasting competitive greatness while becoming great people too Based on the teachings of legendary UCLA basketball coach John Wooden readers get effective leadership strategies for creating a culture of excellence in today's modern workplace Simply put Coach Em Way Up does for readers what John Wooden did for decades guide you to achieve true success challenge you to reach extraordinary levels of performance prepare you to coach yourself and others to be the very best inspire you to pursue not just greatness but also goodness Make John Wooden a coach and mentor for your future Allow him to coach you to coach yourself your team and business up all the way up

Coaching and Learning in Schools Sarah Gornall, Mannie Burn, 2013-02-01 Coaching plays a key part in supporting the current education agenda This book is both broad in range and specific in detail It helps school leaders explore how coaching relationships can lead to increased attainment and capacity for learning benefitting both education professionals and the young people in their care The chapters cover models and types of coaching specific frameworks for coaching the impact of coaching on personal and professional development how coaching can impact on raising attainment how coaching can improve teaching and learning Written by experienced educators and coaches this book provides insight for all those involved in school leadership Analysis of case studies involving professionals working in early years primary secondary and post 16 settings highlights what makes coaching effective Further reflection shows how coaching and learning are inextricably connected Clear explanations of coaching models and tools enable readers to expand their own range as coaches Sarah Gornall is a Leadership Coach and the

Director of Coaching Climate Mannie Burn works with Best Practice Network and as an independent coach in schools

Using Psychometrics in Coaching: A Practical Guide Ian Florance, 2022-05-30 What is the fundamental role of assessment in coaching What makes an assessment an appropriate tool in coaching This guide dispels the misunderstanding that assessments are simply number crunchers showing instead how they contribute at every stage of a coaching relationship How we use assessments continues to change rapidly to meet evolving needs and this book will be an invaluable resource for navigating assessment training to deepen these relationships This book Explains how to use formal and informal psychometrics to get the best result for your client Uses real life examples case studies and stories Gives concrete and unbiased examples of a wide range of assessment approaches Focuses on coaching clients and how assessment can help them meet their goals Illustrates the best ways to turn theory driven tools into practical aids to enrich coaching Written by a practitioner with experience both in developing assessments and in delivering coaching this is an essential guide for trainee new and experienced coaches It explores why assessment reports are an informed voice in the coaching conversation which provide the background data for areas such as recruitment decisions Deep but clear explanations vivid case studies occasional laugh out loud humour and relentlessly practical throughout it has every single thing you need Anne Scoular Meyler Campbell I recommend it very highly as a book you ll want to buy and consult on a regular basis Mary Watts Emeritus Professor of Psychology City University of London UK Ian Florance has a great style cutting through scientific jargon and marketing spin to make testing and assessment accessible for coaches Nigel Evans CPsychol Director NEC Chair of the European Board of Assessment EFPA Ian Florance has worked at NFER NELSON the pioneer of clinical educational and business psychological testing He founded Only Connect in 2002 writes for The Psychologist and trained as a coach with Meyler Campbell Ian also co founded the European Test Publishers Group He combines writing poetry and fiction with his business career The Coaching Manual ePub eBook Julie Starr, 2013-10-18 Widely recognised as a leading practical handbook on coaching The Coaching Manual combines an understanding of coaching principles skills attitudes and behaviours along with practical guidance and a comprehensive tool kit for coaches The Coaching Manual demystifies the full coaching process from first step to final meeting This is the complete guide to coaching and includes models perspectives skills case studies tips and advice *A Practical Guide for Medical Teachers E-Book* John Dent, Ronald M Harden, 2013-05-28 This Fourth Edition of the highly praised Practical Guide for Medical Teachers provides a bridge between the theoretical aspects of medical education and the delivery of enthusiastic and effective teaching in basic science and clinical medicine Healthcare professionals are committed teachers and this book is a practical guide to help them maximise their performance Practical Guide for Medical Teachers charts the steady rise of global interest in medical education in a concise format This is a highly practical book with useful Tips throughout the text The continual emergence of new topics which are of interest to teachers in all healthcare disciplines is recognised in this new edition with seven new chapters The hidden curriculum Team

based learning Patient safety Assessment of attitudes and professionalism Medical education leadership Medical education research and How to manage a medical college An enlarged group of 73 authors from 14 countries provide both an international perspective and a multiprofessional approach to topics of interest to all healthcare teachers **A Practical Guide to Teaching Physical Education in the Secondary School** Susan Capel, Peter Breckon, 2006-09-27 An invaluable practical workbook for physical education student teachers as they develop their practice in the secondary school Activities in each chapter provide a toolkit to help student PE teachers to analyse their learning and performance *The Handbook of Knowledge-Based Coaching* Leni Wildflower, Diane Brennan, 2011-05-18 PRAISE FOR THE HANDBOOK OF KNOWLEDGE BASED COACHING Definitive with extensive references and a commitment to connecting theory to practice in every chapter this important contribution is a delicious and wide ranging exploration of the lineages that have shaped the modern practice of coaching Doug Silsbee author Presence Based Coaching and The Mindful Coach The translation of theories from multiple disciplines to the practice of coaching makes this book a must read Terrence E Maltbia senior lecturer Adult Learning and Leadership and faculty director Columbia Coaching Certification Program Teachers College Columbia University If you have an appetite for the scientific roots of what works best in coaching and you are hungry for an easy to digest translation of the science to practice this book is a feast and will be on your plate for many years to come Margaret Moore Coach Meg founder and CEO Wellcoaches Corporation and codirector Institute of Coaching McLean Hospital Harvard Medical School Whether you re a beginner or an experienced coach this rollicking ride through dozens of the most important theories and perspectives in coaching will be a vital companion With quick and helpful summaries of key ideas and their use and selective bibliographies should you wish to go deeper into a particular area this book will help you support your clients in a targeted and sophisticated way Jennifer Garvey Berger author Changing on the Job Growing the Leaders Our Organizations Need and coeditor Executive Coaching Practices and Perspectives This is a book I have been missing What a pleasure to read and what a stretching of my mind Kim G rtz senior consultant Copenhagen Coaching Center Anyone who is serious about improving the quality of coaching will find The Handbook an invaluable resource that reflects the breadth and richness of the growing evidence based approach to coaching practice David Clutterbuck visiting professor in the coaching and mentoring faculties Oxford Brookes and Sheffield Hallam Universities **Summary of Coach Builder by Donald Miller: How to Turn Your Expertise Into a Profitable Coaching Career** GP SUMMARY, 2024-03-16 DISCLAIMER This book does not in any capacity mean to replace the original book but to serve as a vast summary of the original book Summary of Coach Builder by Donald Miller How to Turn Your Expertise Into a Profitable Coaching Career IN THIS SUMMARIZED BOOK YOU WILL GET Chapter provides an astute outline of the main contents Fast simple understanding of the content analysis Exceptionally summarized content that you may skip in the original book Coach Builder is an 8 step guide for self employed coaches to succeed in their careers It offers advice on how to start a prosperous consulting business from Donald Miller who has advised well known

companies like TOMS Shoes and TREK Bicycles The guide covers creating a menu of services managing potential clients creating a compelling website writing and automating sales emails creating a marketing funnel setting realistic business goals building a community and understanding client coach relationships Coach Builder is a valuable resource for those looking to make money in their chosen profession Coaching Skills: The Definitive Guide to being a Coach 5e Jenny Rogers,2024-03-13 Coaching Skills is simply the one book I carry everywhere with me as I coach It is realistic honest brilliantly readable and as good to dip into as it is to read from cover to cover Essential Stephen Page Chair of Faber Faber UK Written in a clear informative insightful style by an expert coach who has been there seen it and done it this book will help you become an outstanding coach Professor Jonathan Passmore Henley Business School and Senior Vice President of EZRA UK Coaching Skills is still as important as it was when it was first written twenty years ago and remains the authoritative text for both trainee and practising coaches Now in its 5th edition the book has been substantially updated throughout while still retaining Jenny Rogers unique voice drawing upon her wealth of experience and expertise Practicalities and theory are both expertly covered in the 5th edition through case studies and professional guidance with emphasis on psychological awareness and understanding This new edition includes New chapters on trauma and relationships A new chapter on identity and inclusion Substantial updates to reflect changes in technology and the coaching market With updated case studies and examples this book will support you whether you are an experienced coach or a beginner taking your first steps on the journey to becoming a master practitioner Coaching Skills gives real life answers to the challenging questions that coaches face as they develop their coaching practice Jenny Rogers is one of the UK s most experienced executive coaches with 30 years of successful practice She won the Henley Business School Award in 2019 for Outstanding Contribution to Coaching Her clients include Chief Executives and Directors of some of the UK s best known organisations As well as running her own practice Jenny has trained and supervised many hundreds of coaches <https://jennyrogerscoaching.com>

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