



## To be a sport coach : Realities and expectations What a good coach has to know and has to do

By Andras S. Szabo

LAP Lambert Academic Publishing Feb 2014, 2014. Taschenbuch. Condition: Neu. This item is printed on demand - Print on Demand Neuware - The book deals with different topics of coaching, e.g. philosophy of coaching, mayor types of the coaches, tasks and role of the coach, coaching principles etc. In the contribution detailed information is given about some important parameters, factors, concerning the role and the task of the coach. Special attention is paid to 10 requirements: physical abilities, mental abilities, transfer of the knowledge to the athletes, ability to manage different age and gender groups, pedagogy, support of the athletes, ready to help, motivation, outlook, behaviour. Two dominant themes will be also briefly analysed: the main expectation (charismatic personality) and the main aim of the coaching activity (to educate healthy, stabile and happy human beings). 144 pp. Englisch.



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