

The Coaching Process

A Practical Guide to Improving Your Effectiveness
(2nd Edition)

Lynn Kidman and Stephanie Hanrahan

Coaching is an extremely complex and varied occupation. To help with athlete development, coaches need a sound understanding of how to ensure the sporting environment promotes performance and enjoyment. Coaching is not simply instructing; it enables athletes to learn about sport and life within a sporting context. *The Coaching Process* is a self-teaching text that coaches can use to develop, practise and evaluate their coaching.

This second edition of *The Coaching Process*:

- Provides updated information about best coaching practices
- Focuses on the 'how to' of coaching
- Provides practical strategies that coaches can use to improve their coaching
- Aids in developing coaching approaches that are conducive to athletes' enjoyment and success.

The Coaching Process emphasises coaches' instructional roles and aims to help them understand the learning processes involved from both the coach and athlete perspectives. To this end, it covers the pedagogical, psychological, and some sociological aspects of coaching.

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