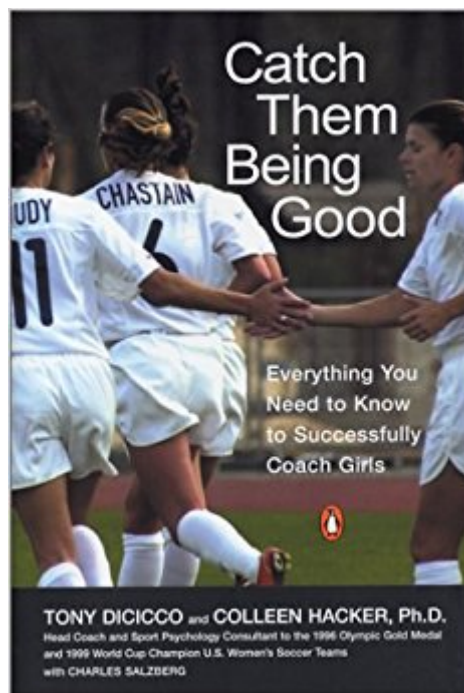




The book was found

Catch Them Being Good: Everything You Need To Know To Successfully Coach Girls



Synopsis

This guide to coaching female athletes of all ages shows how to build a team and provides invaluable advice on the differences between coaching males and females. The authors include exercises that foster teamwork and develop essential skills. They also answer parents' most common questions, such as how to tell if the coach is doing a good job and what to do if a child wants to quit. Filled with stories about the Olympic and World Cup championship teams, this useful handbook is infused throughout with DiCicco's philosophy that at every level playing soccer (or any sport) is about "playing hard, playing fair, playing to win, and having fun."

Book Information

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Customer Reviews

DiCicco coached the U.S. Women's National Soccer Team to victory in the 1996 Olympic Games in Atlanta. Hacker is a psychology consultant for the team. They join their expertise in this accessible, useful guide for coaches at all levels. Primarily written in DiCicco's enthusiastic voice that's straight off the sports field, the book's practical advice includes insight on coaching girls and women (forget the outdated intimidation tactics used by many famous coaches for men); forming a team, making cuts and nurturing exceptional players; criticizing and motivating effectively; working with parents; and evaluating one's own coaching performance. Throughout, Hacker offers clear, helpful ideas for team-building exercises, while DiCicco follows with companion training workouts. Most of the examples focus on soccer, but coaches of all sports will learn a great deal from this straightforward guide based on impressive experience. Also suggest Hannah Storm and Mark Jenkins' *Go Girl! Help Your Daughter Be Healthy, Confident and Successful by Playing Sports* [BKL My 1 02]. Gillian

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"An invaluable tool for coaches of all levels." (Michelle Akers, Two-Time World Cup Champion, Olympic Gold Medalist, and FIFA Player of the Century)

I think it goes without saying, but coaching a group of ten 14 year old girls in volleyball is always a challenge. You never know from day to day what you're going to have to deal with when you get to the gym. I've been coaching girls for 12 years on and off and I've learned a lot about how to communicate and what to say and not say. Of course, there are still many, many things I do not know or understand. Reading this book has given me a clear understanding of the path I need to take every season to make sure a) the girls give me the best they have, and b) they have fun doing it. The lessons Tony goes through in this book and the examples he gives can be applied to any age group with some modifications, but the underlying goals are the same. I really enjoyed reading this book and see myself re-reading it many times to reinforce my methodologies. Yes, this book is obviously geared toward soccer, but it is completely relevant for any sport where young women are involved. Highly, highly recommended.

This was an invaluable book for me as I transitioned from coaching boys to girls. As a former Division 1 player, I was very nervous about how naïve I was as I started coaching girls. I read this before the season started & it reduced my anxiety levels dramatically! Turned out there was little to be worried about, but I owe this book a lot of credit for the success I had with that team over the next few years. I especially appreciated Tony's discussion of how most girls view their team/social peers as an interconnected web, vs the hierarchy or totem poles that boys often perceive. Very helpful with both team-building & also individual player interactions. Very highly recommended for coaches of girls at nearly any age.

Awesome book. If you coach girls, read this book. I put tabs on pages of books that I want to remember. I should have tabbed the pages I didn't want to remember in this book, it would have been easier. Thanks for the insight Tony.

If you coach girls or ever plan on coaching girls, this is the book for you. It also works with the atypical boy player or team. It teaches you how to focus on maybe a less skilled player and catch

them doing something good.

Must read for all who coach girls.

Great read. Very inspirational.

Great book a must read for any coach.

very helpful

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