

Table of Contents

Dedication:	vii
Part I: Designing Effective Coaching Strategies	
Chapter One: Introduction	3
Chapter Two: Knowing Your Team	7
Chapter Three: Communication	27
Chapter Four: Designing Effective Practice Environments	47
Chapter Five: Designing Effective Activities	79
Chapter Six: Evaluating Progress and Feedback	103
Part II: Executing Effective Coaching Strategies	
Chapter Seven: Coaching Soccer	125
Chapter Eight: Coaching T-Ball, Baseball, and Softball	139
Chapter Nine: Coaching Indoor Hockey	155
Chapter Ten: Coaching Basketball	169
Chapter Eleven: Coaching Flag Football	187
Chapter Twelve: Coaching Lacrosse	203
Chapter Thirteen: Coaching Volleyball	225
About the Authors.....	243
Index.....	245