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Titolo	Coaching children in sport : principles and practice // edited by Martin Lee
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Descrizione fisica	1 online resource (xiv, 311 pages) : illustrations
Altri autori (Persone)	LeeMartin (Martin J.)
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Soggetti	Sports for children - Study and teaching Coaching (Athletics) - Study and teaching Physical education for children - Study and teaching
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book Cover; Title; Contents; List of contributors; Preface; Acknowledgements; The importance of the study of children in sport: an overview; Whose sport is it anyway? Adults and children's sport; Why are you coaching children?; Sport: it's a family affair; Skeletal growth and development; Children's physiological responses to exercise; Understanding the learner: guidelines for the coach; Growing up in sport; Why children choose to do sport; or stop; How children see success and failure; Causes of children's anxiety in sport; Selecting the right targets; Communicating effectively with children; Counselling young athletes and how to avoid it Training young athletes; The effect of injuries on growth; Treating and managing injuries in children; Healthy eating for sport; Making sport fit the children; Putting theory into practice; a sport example; Appendices: Legal Matters; Coaching and the law; Ensure you are insured; Glossary; Index
Sommario/riassunto	This book has arisen out of a need for a text which tackles the special issues relating to coaching children (from 6 - 16) in sport. Academics

(many with coaching experience) and practitioners have been commissioned to write on their specialist areas.
