Contents

Prelace		XI
Part I:	Psychological Perspectives	out th
Chapter 1 Chapter 2	Philosophy of Coaching Motivation	J
Part II:	Psychological Skills for Coaches	31
Chapter 3 Chapter 4	Leadership Skills Communication Skills	
Part III:	Psychological Skills for Athletes	67
Chapter 5 Chapter 6	Psychological Skills Training Imagery Skills	11
Chapter 7 Chapter 8	Managing Psychic Energy Stress Management	01
Chapter 9	Attentional Skills	137
Chapter 10 Chapter 11		151 171
References		183

Index

187

abuation is understandable and relevant to heir coaching. The major problem is not lack of interest; if is the lack of a delivery system or making this information available. The American Coaching Effectiveness Program, of which this book is a part. is one effort to esablish such a delivery system.

A few altraconservative research sport psychologists say we do not yet have the definitive selentific evidence needed to be offering advice to coaches about how athletes can acquire psychological skills. Lagree that we do not have definitive research on now to teach these skills, just as we do not have complete scientific evidence on how to rear children properly, teach English effectively, or rehabiltate chemically dependent people. Yet we must bring up our children, teach them English, and rehabilitate people in the besi way we know how. Athletes need assists ca in developing psychological skills today, so