



Way to Go, Coach!

Frank L. Smoll, Ronald E. Smith

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Way to Go, Coach! celebrates the role of the volunteer coach, recognizing that coaches have unique opportunities for positive impact on young people. The first edition of Way to Go, Coach! was heralded by many as the most comprehensive book available on the psychological aspects of coaching young athletes. The new edition includes three entirely new chapters on health issues impacting young athletes including physical development, training and conditioning, and sports injuries. With the edition of these three chapters the book is the complete guide to coaching young athletes.

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