Coaching Excellence provides practical advice in key areas to enable coaches to excel. Areas covered include roles and responsibilities, styles, skills, qualities, organisation, planning, management, evaluation, analysis of technique, mental skills, nutrition, drugs, injuries and life skills. From evaluating and teaching skills to motivation and safety, this text is the complete guide to becoming a complete coach. Continued Page 2.
Australian author Frank Pyke played a leadership role in sport science, coach education and sport administration in Australia for more than 30 years. In addition to offering his own expertise to the book, Pyke brought together 17 outstanding contributors including highly regarded coaching directors, coaches, university lecturers and sport science professionals in Australia. The new manual provides practical advice in key areas to enable coaches to excel.

Coaching Excellence Contributors: Deidre Anderson, Kylie Andrew, Liz Bradshaw, Brian Dawson, Brian Douge, Ken Davis, Damian Farrow, Carmel Goodman, Sandy Gordon, Daniel Gucciardi, Stephanie Hanrahan, Sue Hooper, Paul Kiteley, Paul Jonson, Cliff Mallett, David Pyne, Peter Reaburn.

Frank Pyke • 9781450423373 • Paperback
2013 • 272pp • $33.95 AU • $45.99 NZ

Play Practice Second Edition delivers the latest in theoretical models and practical plans to revitalise teaching and coaching. Over 90 illustrations and photos are included to help demonstrate specific approaches to games, as well as ideas for how to implement play practice theory in teaching and coaching.

This is a rare book! Simply a “must have” in the tool bag of any coach, teacher of sport or keen parent who seeks to help players to develop game sense, a critical if neglected element of skilled play in games. Easy to read, yet comprehensive and realistic, it be applied across the spectrum from the grassroots to the elite level.

Jan Stirling AM, Former Head Coach of the Australian Women’s Basketball Team (2006 FIBA World Champions, 2008 Olympic silver medalists)

Alan Launder, Wendy Piltz • 2012 • 276pp
9780736097000 • Paperback • $42.40 AU • $57.60 NZ

The fully revised and updated second edition presents the most current protocols used for assessing high-level athletes. This unique text takes a sport-specific look at the most effective tests and their applications in enhancing the performance of elite athletes. Protocols for 18 internationally recognised sports are introduced, and for each sport a rationale for the tests, lists of necessary equipment, and detailed testing procedures are provided. New chapters on data collection and handling, environmental physiology and physiology recovery have been added.

Australian Institute of Sport, Rebecca Tanner, Christopher Gore • 9780736097116 • Hardback
2013 • 560pp • $107.80 AU • $146.00 NZ
In this book you will find suggestions for improving communication skills, managing behaviour and instructing sport skills along with the latest information on physical training and sport nutrition with special emphasis on topics of concern, including hydration, nutritional supplements and drug abuse.

Successful Coaching, Fourth Edition, details the principles, knowledge and skills that will help coaches build a foundation for their decisions and actions.

Rainer Martens • 9781450400510 • Paperback 2012 • 456pp • $60.50 AU • $82.00 NZ

ANCILLARIES All ancillary materials are FREE to text book adopters and available online

INSIDE SPORT PSYCHOLOGY

Inside Sport Psychology covers the most effective methods of enhancing sport performance and preparing mentally for competition. It explains which techniques are most appropriate for certain situations in sport. This is an ideal resource for athletes and coaches wishing to incorporate modern psychological techniques into their everyday practice.

Karageorghis, Terry • 2011 • 248pp Paperback • 9780736033299 • $29.95 AU • $40.99 NZ

APPLYING EDUCATIONAL PSYCHOLOGY IN COACHING ATHLETES

Applying Educational Psychology in Coaching Athletes is unmatched in its depth of insight into the teaching and learning process in sport and how to put it into practice. By examining how athletes learn and coaches teach, the text helps coaches understand how to maximise athlete performance and increase their athletic success.

Jeffery Huber • 2013 • 440pp • Hardback • 9780736079815 • $77.50 AU • $105.00 NZ

CUTTING EDGE CYCLING

Co-authored by renowned cycling coach Hunter Allen and sport scientist Stephen Cheung, this book presents the latest research on training, competition and performance. Maximise training, improve recovery, and increase power, efficiency, endurance, and speed with proven techniques, based on the latest advances in cycling science.

Allen, Cheung • 2012 • 280pp • Paperback • 9780736091091 • $23.95 AU • $32.99 NZ

CUTTING EDGE CRICKET

Cutting Edge Cricket brings together Australia’s legendary players and coaches for unrivalled advice covering every aspect of cricket play.

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Cricket Australia, Frank Pyke, Ken Davis • 2010 • 192pp • 9780736079020 • Paperback • $28.95 AU • $38.99 NZ
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The Coaching Successfully Series presents hands on information on sport techniques and tactics for new and experienced coaches alike. Expert coaches show how philosophy, psychology and teaching management methods as well as Xs and Os can be applied successfully to their sports.

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Baseball, Cheerleading 2E, Cross Country, Fastpitch Softball 2E, Girls’ Basketball, Golf, Swimming 2E, Tennis 2E, Wrestling, Volleyball and Track & Field

COACHING BIBLE SERIES

The Coaching Bible Series covers every facet of coaching and provides the wisdom of coaches who have proven they are the best in their sport. The engaging articles include a wealth of stories, insights and strategies, each expressed in the coaches’ own style and terminology.

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The Coaching Youth Sports Series is geared to anyone who has not had formal training as a sport coach or who is coaching children ages 6-14 for the first time. Each of these books offers a unique blend of coaching principles and sport specific information.

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The books in *The Drill Book Series* offer a wealth of activities to turn practice time into productive time. Each book explains the purpose, focus points and modifications for each drill and then presents illustrations to depict proper technique and position.

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Ralph Weekly Jr., Karen Weekly • 2012 • 192pp
Paperback • 9781450401395 • $22.95 AU • $30.99 NZ

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Todd Guilliams • 2013 • 240pp • Paperback
9781450416191 • $23.95 AU • $32.99 NZ

DEVELOPING SPEED

Packed with the latest research and recommendations from the world’s leading sport conditioning organisation, Developing Speed contains everything coaches and athletes need to increase speed, blow past the competition and achieve performance goals. Athletes and coaches can develop customised regimens or choose from one of the eight sport-specific programs: Basketball, baseball, soccer, track, tennis, ice hockey, rugby and US football.

NSCA, Ian Jeffreys • 2013 • Approx 224pp • Paperback
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Frank Giampaolo, Jon Levey • 2013 • Approx 256pp
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Joe Friel James Vance • 2013 • Approx 680pp
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Owen Anderson, a phD and running coach himself, offers the most comprehensive book revealing the hard science behind better performance. His book presents the latest research-grounded knowledge in running physiology, biomechanics, medicine, genetics, biology, psychology, and training and racing.

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Tapering and Peaking for Optimal Performance

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Iñigo Mujika • 2009 • 224pp • 9780736074841
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Waterlogged

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Timothy Noakes • 2012 • 448pp
9781450424974 • Paperback $29.95 AU • $40.99 NZ

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Austin, Seebohar • 2011 • 200pp
9780736079457 • Paperback • $29.95 AU • $40.99 NZ

Gold Medal Nutrition 5E

This comprehensive manual covers the areas that most concern athletes, including what and when to eat and drink and why. The book explains how to build endurance and energy with the right mix of protein, carbohydrate, vitamins and liquids. Readers will feel more confident eating out, reading food labels and even choosing supplements as they integrate these guidelines into their daily lives.

Glenn Cardwell • 2012 • 256pp
9781450411202 • Paperback • $29.95 AU • $40.99 NZ

Practical Sports Nutrition

Nutrition expert Louise Burke explores a variety of popular sports—road cycling, swimming, sprinting, long-distance running, and many others. Each chapter offers a comprehensive review of competition, training, physique and physiology, lifestyle and culture, dietary surveys, sports foods and supplements—all tailored to the specific sport.

Louise Burke • 2007 • 544pp • 9780736046954
Hardback • $101.50 AU • $138.00 NZ

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Asker Jeukendrup, Michael Gleeson
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