



# **Sport Psychology for Youth Coaches: Developing Champions in Sports and Life**

*Ronald E. Smith, Frank L. Smoll*

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Today, more than 68 million children and adolescents participate in sport programs in the United States. Yet despite the growth and popularity of highly-organized athletic competition, controversy still swirls around the role that adults, particularly coaches, play in the world of youth sports. Coaches not only occupy a critical leadership position in the athletic setting, but their influence can extend into other areas of life as well.

*Sport Psychology for Youth Coaches* is a practical “how-to” guide that helps coaches use their leadership role to achieve optimal benefits for young athletes, both on and off the field/court. It is designed to help coaches create rewarding experiences for young athletes and provides specific behavioral guidelines that have proven to have positive, and lasting, effects. The authors address a wide range of everyday concerns including motivation, stress reduction, psychological skills, relations with parents, legal responsibilities, and other areas of importance to both coaches and athletes. Using clear examples and real stories, they help coaches hone their own skills so they can bring out the best in their young competitors – in sports and in life.

No coach should be without this essential guide, whose principles have been successfully applied and tested on thousands of coaches around the world.

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