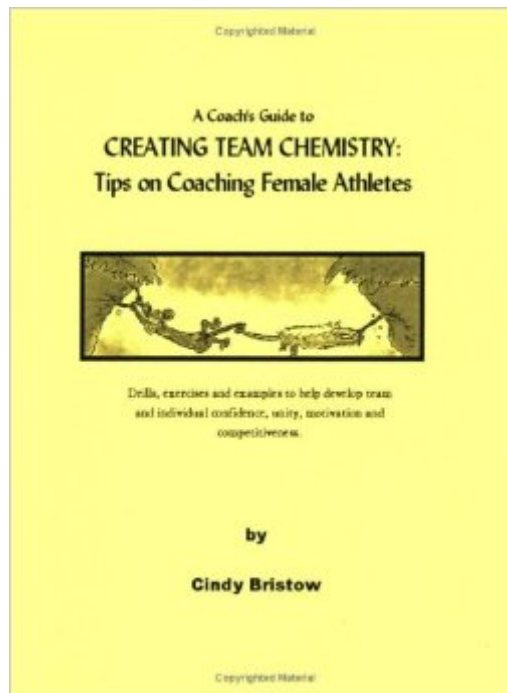


The book was found

A Coach's Guide To Creating Team Chemistry: Tips On Coaching Female Athletes



Synopsis

As a softball coach, do your players ever struggle with their confidence, or deal with frustration and fear in a poor way? Are your players lacking in their competitiveness or simply not having any fun? If so, then this book is for you. Coach's Guide to Creating Team Chemistry gives you answers and exercises for helping your players positively handle the pressure that comes with playing softball in a team environment. In addition, you will learn some of the keys to coaching female athletes that just might help make the experience less mysterious for you. Packed with great drills and exercises this book shows you things you can do during your softball practices to help strengthen the mental toughness of your players as well as strengthen their bond as a team. Everything in this book has come from the personal coaching experience of Cindy Bristow who has spent over 35 years coaching and instructing softball players of all skill and experience levels.

Book Information

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Customer Reviews

This book is one of the best coaches books I have ever read. IT's an easy read, with great insight into the female athlete. Everything I have either said, done, tried, observed or whatever in coaching female athletes is addressed in this book. What I thought, its down on paper here in an easy to read style that is very functional for coaches.

Recommended by my daughter's coach.

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