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Coaching Better Every Season: A Year-Round System For Athlete Development And Program Success

COACHING Better Every Season

A Year-Round System for
Athlete Development and Program Success



Wade Gilbert



Synopsis

Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. *Coaching Better Every Season: A Year-Round System for Athlete Development and Program Success* presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. *Coaching Better Every Season* applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

REVIEWS

“I met Wade at a USOC coach education seminar, and was immediately impressed by his knowledge of what it takes to coach at a championship level. His cycle for continuous excellence and many of his other insights and recommendations ring true to my experience and teachings throughout my career. *Coaching Better Every Season* has just become more possible for any coach who reads and applies the wisdom and best practices found in this book.”

•Anson Dorrance, Head Coach University of North Carolina Women’s Soccer Team, 22-Time NCAA National Champions

“The best sport programs have a solid plan for success and follow that winning formula consistently each year. *Coaching Better Every Season* is a blueprint for building just such a structure for success that coaches can apply and adapt to their specific sport and personnel. Wade Gilbert’s season-by-season guide is a great tool for any coach who is willing to ask “What can I improve?” and who is then willing to take the steps to do so. At YSU our motto is *Macte virtute*, a Latin phrase that commands us to increase excellence. With Wade’s book, you can do just that.”

•Jim Tressel, President, Youngstown State University, Five-Time National Champion Football Coach

“I first heard Wade speak about quality coaching at the Hockey Hall of Fame. The message he shared that day, summarized in this impressive book, is a proven approach to building better athletes and programs. I highly recommend coaches at all levels of sport read this book and apply Wade’s strategies in their coaching.”

•Greg Schell, Coordinator of Hockey Development, Toronto Maple Leafs Hockey Club

“If you are satisfied with your quality of coaching, Wade

Gilbert's book, *Coaching Better Every Season*, is not for you. However, if you are like my former coach John Wooden, who improved his coaching every year until his retirement, this book will be most valuable, as it will provide a roadmap for your passionate pursuit of perfection. - Swen Nater, Author, Former UCLA, NBA, and ABA basketball player

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Customer Reviews

I have to say that Wade Gilbert's *Coaching Better Every Season* is the best practical book on coaching a team or group that I have read. It has more useful information in it than I learn in my MSc of Sports Coaching from Brunel University. It is split into 4 parts: Pre Season; In Season; End of Season and Off Season. Each comes with guides, checklists and suggestions on how to get the most from you and your team. It is very well written and researched with great practical examples. You can pick it up and get ideas to help your next session, or to plan your whole year. Highly recommended.

Lots of great coaching information is contained in this book by Dr. Gilbert. It would have been even

better if it was shortened a bit. Another great book series with similar content that is organized in shorter, more digestible format is Championship Performance Coaching. You won't go wrong with either book. Both are highly recommended.

Coaching Better Every Season is a terrific resource, not only for coaches, but any fan of sports, and people who strive to get better. Upon reflecting on the book and working to provide some insight to others without writing a novel, what comes to mind is the incredible amount of information distilled into a single useful resource. There are wide ranging concepts, theories, and anecdotes which the reader can implement as part of their growth process. The combination of peer reviewed research along with supporting examples from numerous winning coaches helps to strengthen the knowledge. Something that may be overlooked is the inclusion of practical exercises. There are a variety of worksheets related to the content, which, if completed give an immediate, tangible experience of growth. In summation, this itself is a tremendous resource that will serve as a great information node to connect prior knowledge to for the experienced reader or a great starting foundation for someone more new in their journey. Learning from this book can help lead to more learning and growth in the future. Enjoy as I have!

An excellent up to date book on coaching that superbly integrates sport science.

I received this book from the publisher as I was looking for a new textbook in a coaching class that I teach. Unfortunately the book did not cover the materials I am supposed to cover but instead I found a whole new perspective on coaching. This book is more about the "manager" aspect of coaching and has a ton of great ideas to improve your program. I am a strength coach so many things did not directly apply to me but the last few chapters of the book I found especially helpful in my situation. I would highly recommend this to any coach in any area as there will be some usable ideas right away that will make your program better.

This book is not only useful to anyone who aspires to coach athletes at any level, it is also a resource for business and life success as well. It is often said the formula for success need not be reinvented, it need be implemented and Wade and his team have collected best practice from some of the best coaches in the business of all time, aggregated them in a central location and provided evidence based implementation tools. Coaching coaches is something that is necessary if we're going to stem the trend of decreasing participation in sport and Wade & his team have taken the first

step towards best quality coaching practice. Highly recommend this book for anyone who aspires to be a Level 5 servant leader. Matt Young.

Wow! I have been waiting to read this book since I first heard he was writing it and I can honestly say it does not disappoint! Wade Gilbert does an amazing job of taking a comprehensive approach to coaching and you feel like he's sitting down with you discussing how to make you better-at whatever stage you're at in your development-and whatever context you work in. This is a must read for any coach, administrator, parent, or student wanting to continuously improve in every area of coaching. I will be gifting this book to all the coaches I know!

Great new book by Wade Gilbert is very insightful and backed by the latest research. Offers a great deal of actionable advice to implement in any program. Highly recommended!

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