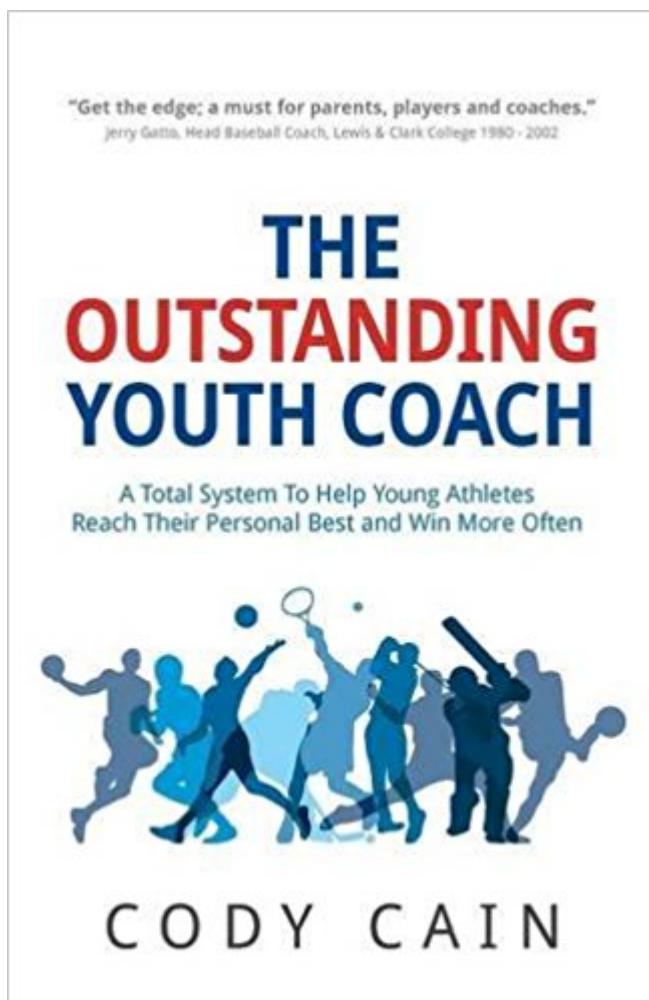


The book was found

THE OUTSTANDING YOUTH COACH: A Total System To Help Young Athletes Reach Their Personal Best And Win More Often



Synopsis

Want a proven method for improving the performance of your young athletes? This comprehensive guide to training high performing youth athletes, reveals Cody Cain's unique Body Mind Iq (Bmiq) system. Drawing on four decades of experience as a player, coach and game official Cody shows you what it takes to achieve success both on and off the field.

Book Information

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Customer Reviews

"Get the edge; a must for parents, players and coaches." Jerry Gatto, Head Baseball Coach, Lewis & Clark College 1980 - 2002

Cody Cain is a member of the British Baseball Hall of Fame, a former Great Britain National team player and coach, and a member of his College Hall of Fame; he played in the College World Series in 1990, and has spent the last 40 years of his life as a player, coach and game official. Learn more at www.theoutstandingyouthcoach.com

A little guide written professionally and passionately for parents and coaches. Having children who are keen to succeed in the sport they love, who are having a dream, need support. This book is not about 'power struggle and authorial discipline' but about how to help these young athletes to follow their dream, to be resilient and to remain focussed, mentally and physically, by encouraging and stimulating their self motivation and self discipline together with a healthy lifestyle, so it becomes natural to them without enforcement. A book which is not about 'cheering on the side line' but by being actively involved with a total

positive approach. A must have for parents, coaches and teachers; an eye opener.

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