

Routledge

Sport Coaching
Textbook Catalogue
Spring 2026



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Developing Sport Coaches



Edited by **Christine Nash**

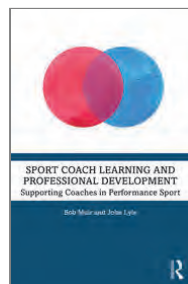
This book is a new text that supports the holistic long-term development of sport coaches as well as help aid existing sport coaches to understand their development. Research in coach learning and coach education has raised questions about the effectiveness, relevance and value placed on traditional coach education by sport coaches in relation to their practice. The dissatisfaction expressed by many coaches, at all stages of coaching practice, has led to the inception of coach development. This text enables coach development to be studied in Higher Education Institutions as well as enabling organisations to embed coach developers within their organisations.

Routledge
May 2023 : 288pp
Pb: 978-1-032-16988-0 : **£40.99**
Hb: 978-1-032-16992-7 : **£150**
eBook: 978-1-003-25130-9

* For full contents and more information, visit: www.routledge.com/9781032169880

Sport Coach Learning and Professional Development

Supporting Coaches in Performance Sport



Bob Muir, John Lyle

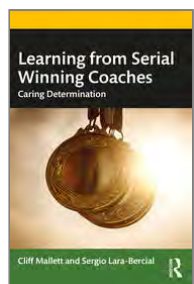
Sport Coach Learning and Professional Development instead describes the genesis and theoretical foundations of an emerging workflow for supporting sport coaches learning and professional development in performance and high-performance sport. A clear exposition and critical insight into coaches' learning and professional development, and of coaching practice, provides the foundations for an Embedded, Relational and Emergent Coach Learning and Professional Development Strategy.

Routledge
August 2024 : 278pp
Pb: 978-1-032-14093-3 : **£39.99**
Hb: 978-1-032-14094-0 : **£155**
eBook: 978-1-003-23232-2

* For full contents and more information, visit: www.routledge.com/9781032140933

Learning from Serial Winning Coaches

Caring Determination



Cliff Mallett, Sergio Lara-Bercial

This book provides researchers, performance coaches and directors, and coach developers, and researchers, with the knowledge and tools to affirm and challenge policy and practice conduct further research, to inform future policy and practice in the identification, recruitment, and development of performance coaches. Through in-depth interviews with the coaches and their athletes, and a detailed analysis of their personality and motivational profiles, the authors offer a unique portrait of the day-to-day workings of these coaches: who they are, how they operate, their leadership style and their inimitable and oft serendipitous journeys to the top of the sporting world.

Routledge
September 2023 : 214pp
Pb: 978-0-367-34718-5 : **£39.99**
Hb: 978-0-367-34721-5 : **£150**
eBook: 978-1-003-42729-2

* For full contents and more information, visit: www.routledge.com/9780367347185

Sport Coach Education, Development, and Assessment

International Perspectives



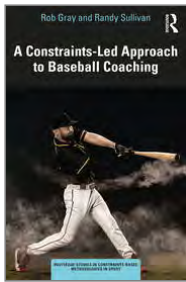
Edited by **Liam McCarthy**

Sport Coach Education, Development, and Assessment offers a range of coach assessment ideas and practices from leaders in the coach education and development field. A combination of theory- and practice-focused chapters aims to stimulate thoughts, dialogue, and actions. This book is designed to offer support and guidance to sport coaches who are engaged in assessment, coach educators/developers who are delivering assessment activities, and programme designers/policy-architects who are creating learning opportunities for coaches.

Routledge
August 2024 : 298pp
Pb: 978-1-032-75112-2 : **£40.99**
Hb: 978-1-032-73480-4 : **£155**
eBook: 978-1-003-47243-8

* For full contents and more information, visit: www.routledge.com/9781032751122

A Constraints-Led Approach to Baseball Coaching



Rob Gray, Randy Sullivan

Series: Routledge Studies in Constraints-Based Methodologies in Sport

A Constraints-Led Approach to Baseball Coaching presents a new approach to baseball coaching and practice. Applying a CLA to player development process across the skill spectrum from the beginners to elite, this book uses practical examples to demonstrate the theoretical principles of the Constraints-led coaching style embedded in research showing the numerous benefits of the approach. This book incorporates case studies and examples of how constraints are manipulated to develop more adaptable players that can perform at a higher level with a reduced risk of injury.

Routledge
April 2023 : 158pp
Pb: 978-1-032-22852-5 : **£40.99**
Hb: 978-1-032-22854-9 : **£145**
eBook: 978-1-003-27449-0

* For full contents and more information, visit: www.routledge.com/9781032228525

A Constraints-Led Approach to Swim Coaching



Andrew Sheaff

Series: Routledge Studies in Constraints-Based Methodologies in Sport

This book applies contemporary motor skill acquisition and athlete development practices to swimming. It encourages coaches to re-consider how they approach skill development in a sport that requires considerable physical training and highly efficiency movement. It presents a framework for identifying the various constraints that determine the ability to perform at a high level. It offers coaches' practical examples to navigate the manipulation of constraints to support the development of physical capacities and the ability to effectively utilize those capacities through efficient movement. These frameworks are broadly inclusive to the global sports programming market.

Routledge
July 2023 : 328pp
Pb: 978-0-367-72478-8 : **£40.99**
Hb: 978-0-367-72479-5 : **£150**
eBook: 978-1-003-15494-5

* For full contents and more information, visit: www.routledge.com/9780367724788

A Constraints-led Approach to Figure Skating Coaching



Garrett Lucash

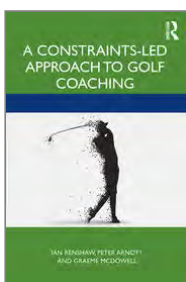
Series: Routledge Studies in Constraints-Based Methodologies in Sport

This book applies contemporary motor skill acquisition and athlete development practices to figure skating. The book encourages coaches to think about why they coach, the athletes they want to support, and the goals they want to achieve. It informs coaches how to transform these core considerations into the driving inspiration for their daily coaching practices including assessment methods, the coach-athlete relationship, practice structure, competition preparation, and conceptions of technique. The lessons here are founded on the constraints-led approach. They are accessible and personal, yet broadly inclusive to the global sports programming market.

Routledge
September 2022 : 180pp
Pb: 978-1-032-34583-3 : **£39.99**
Hb: 978-1-032-34584-0 : **£155**
eBook: 978-1-003-32290-0

* For full contents and more information, visit: www.routledge.com/9781032345833

A Constraints-Led Approach to Golf Coaching



Ian Renshaw Queensland University of Technology, Australia, **Peter Arnott, Graeme McDowall**

Series: Routledge Studies in Constraints-Based Methodologies in Sport

A Constraints-Led Approach to Golf Coaching includes case studies and examples of how constraints are manipulated to induce adaption in the technical, tactical, (or put in golf terms, course management), physiological, and psychological development mechanisms needed to improve at golf.

Routledge
September 2020 : 168pp
Pb: 978-0-367-48267-1 : **£40.99**
Hb: 978-0-367-48268-8 : **£155**
eBook: 978-1-003-03891-7

* For full contents and more information, visit: www.routledge.com/9780367482671

Adventure Sports Coaching



Edited by **Matt Berry** University of Chichester, UK, **Chris Hodgson** University of Chichester, UK, **Jane Lomax**

Adventure Sports Coaching was the first book to link contemporary sports coaching science with adventure sports practice examining the unique set of challenges faced by adventure sports coaches, such as the dynamic natural environment and the requirement to train athletes to levels of high performance outside of traditional structures of competition exploring both key theory and best practice. This new and fully updated edition reflects the increased wealth of empirical work, and practical guidance, in areas such as technology, techniques and risk management published in the last ten years.

Routledge
December 2025 : 280pp
Pb: 978-1-032-77994-2 : **£41.99**
Hb: 978-1-032-77995-9 : **£155**
eBook: 978-1-003-48578-0

* For full contents and more information, visit: www.routledge.com/9781032779942

Football Coaching

Putting the Theory into Practice



Edited by **Carl Wild**

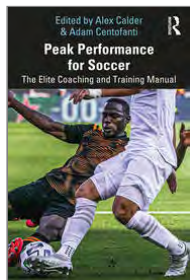
Football Coaching is an essential guide for any student that is studying an undergraduate or postgraduate football coaching degree but any degree that has a focus on coaching. It is a vital resource for any football coach, especially those working through their UEFA coaching qualifications. A constant question asked by football coaches, is how should academic research inform applied coaching practice and in turn how should coaches apply academic research into their professional activities? This book presents answers by discussing the key academic research that is integral to coaching practice and providing examples that demonstrate how these theories can be applied.

Routledge
April 2025 : 348pp
Pb: 978-1-032-73401-9 : **£41.99**
Hb: 978-1-032-73402-6 : **£155**
eBook: 978-1-003-46401-3

* For full contents and more information, visit: www.routledge.com/9781032734019

Peak Performance for Soccer

The Elite Coaching and Training Manual



Edited by **Alex Calder , Adam Centofanti**

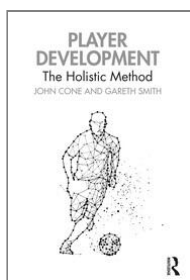
The world's leading practitioners working in elite soccer all share advanced knowledge of the environment as well as a scientific understanding of the game and players. This book explores those traits at an intricate level through shared experiences of some of the best performance coaches working in elite soccer. The content in this book is derived from practical and evidence-based concepts that has been applied at the elite level. Uncovering the coaching strategies as well as contemporary issues in elite soccer, this comprehensive textbook illustrates what it takes to thrive as a performance coach at the top level.

Routledge
December 2022 : 354pp
Pb: 978-1-032-06031-6 : **£34.99**
Hb: 978-1-032-06036-1 : **£145**
eBook: 978-1-003-20042-0

* For full contents and more information, visit: www.routledge.com/9781032060316

Player Development

The Holistic Method



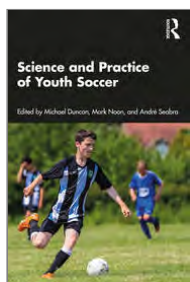
John Cone , Gareth Smith

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge
August 2022 : 370pp
Pb: 978-1-032-15907-2 : **£39.99**
Hb: 978-1-032-15909-6 : **£155**
eBook: 978-1-003-24626-8

* For full contents and more information, visit: www.routledge.com/9781032159072

Science and Practice of Youth Soccer



Edited by **Michael Duncan , Mark Noon , Andre Seabra**

Science and Practice of Youth Soccer presents a comprehensive and accessible introduction to key topics relating to effective player and team development in youth grassroots soccer. Written by international experts and practitioners in the field and with an emphasis on the development of children and youth, the book provides guidance of how science translates into practice for coaches and those working in youth grassroots soccer. Each chapter outlines the scientific research base for each topic, highlights myths and misconceptions and provides practical solutions.

Routledge
December 2023 : 294pp
Pb: 978-1-032-66522-1 : **£41.99**
Hb: 978-1-032-66524-5 : **£155**
eBook: 978-1-032-66523-8

* For full contents and more information, visit: www.routledge.com/9781032665221

The Dynamics of Modern Rugby



Edited by **Bruce Davies , Julien Baker**

The Dynamics of Modern Rugby is a unique and contemporary addition to the rugby literature. The contributors consider the physical, mental and nutritional demands of the game in its present form and how best to acquire these attributes in the most effective and efficient manner. Injury prevention and the most effective forms of treatment are discussed. New concepts to improve exercise capacity, game preparation and recovery are discussed in conjunction with the modern coaching theories of the game. Two outstanding International referees discuss possible rule changes and the future vision for World Rugby is outlined by the President of World Rugby.

Routledge
March 2021 : 206pp
Pb: 978-0-367-43819-7 : **£40.99**
Hb: 978-0-367-43820-3 : **£155**
eBook: 978-1-003-15953-7

* For full contents and more information, visit: www.routledge.com/9780367438197

The Young Rugby Player

Science and Application



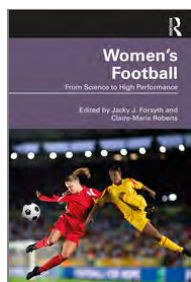
Edited by **Kevin Till , Jonathon Weakley , Sarah Whitehead , Ben Jones**

The Young Rugby Player: Science and Application provides a comprehensive and accessible overview of the recent research behind the preparation, development and performance of the young rugby player. Each chapter concludes with key take home messages and practical applications demonstrating how practitioners can provide evidence-informed delivery with the young rugby athlete. The book highlights how research and science can inform practice including coaching, sport science, player development and performance with the young rugby player.

Routledge
December 2022 : 378pp
Pb: 978-0-367-61232-0 : **£39.99**
Hb: 978-0-367-61238-2 : **£140**
eBook: 978-1-003-10479-7

* For full contents and more information, visit: www.routledge.com/9780367612320

Women's Football



Edited by **Jacky Forsyth** Sport & Exercise, Staffordshire Uni, UK, **Claire-Marie Roberts** Health & Applied Sciences, University of the West of England, UK

Women's Football provides a thorough, yet straightforward and accessible, analysis of the key physiological, biomechanical and social-psychological issues that can be applied to achieve women's footballing development.

Routledge
September 2024 : 258pp
Pb: 978-1-032-46485-5 : **£41.99**
Hb: 978-1-032-46488-6 : **£160**
eBook: 978-1-003-38191-4

* For full contents and more information, visit: www.routledge.com/9781032464855

Coaching for Sports Performance



Edited by **Timothy Baghurst** Oklahoma State University, USA

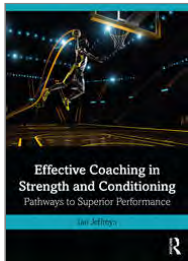
Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections.

Routledge
December 2019 : 590pp
Pb: 978-0-367-22117-1 : **£55.99**
Hb: 978-0-367-22116-4 : **£155**
eBook: 978-0-429-29936-0

* For full contents and more information, visit: www.routledge.com/9780367221171

Effective Coaching in Strength and Conditioning

Pathways to Superior Performance



Edited by **Ian Jeffreys** University of South Wales, UK

This book takes a radically different approach to the challenge of coaching in strength and conditioning. In doing so, it addresses many of the paradoxes of strength and conditioning, providing new perspectives that shed light onto the many questions that challenge coaches. The book is essential reading for anyone wishing to pursue a career as a strength and conditioning coach, acting essentially as a prequel to the many scientific and applied texts in the field. It will also appeal to more experienced coaches providing a wider perspective to the challenges they face and providing potential solutions not traditionally considered.

Routledge
September 2019 : 348pp
Pb: 978-0-415-83999-0 : **£49.99**
Hb: 978-0-415-83998-3 : **£170**
eBook: 978-0-203-79499-9

* For full contents and more information, visit: www.routledge.com/9780415839990

Strength and Conditioning for Golf

A Guide for Coaches and Players



Edited by **Alex Bliss**

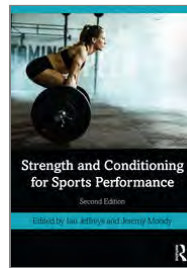
Strength and Conditioning for Golf provides golfers and coaches with the evidence and practical suggestions to ensure that the choices they make about their training are informed and objective. This new volume examines why strength and conditioning techniques and principles are important for modern golf, blending scientific principles with real-world, practical advice and tips.

Routledge
August 2022 : 260pp
Pb: 978-0-367-56784-2 : **£35.99**
Hb: 978-0-367-56785-9 : **£155**
eBook: 978-1-003-09932-1

* For full contents and more information, visit: www.routledge.com/9780367567842

2ND EDITION

Strength and Conditioning for Sports Performance



Edited by **Ian Jeffreys** University of South Wales, UK, **Jeremy Moody** Cardiff Metropolitan University, UK

Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs.

Routledge
March 2021 : 740pp
Pb: 978-0-367-40463-5 : **£76.99**
Hb: 978-0-367-34823-6 : **£200**
eBook: 978-0-429-33098-8

* For full contents and more information, visit: www.routledge.com/9780367404635

Strength and Conditioning for Team Sports

Sport-Specific Physical Preparation for High Performance, second edition



Paul Gamble

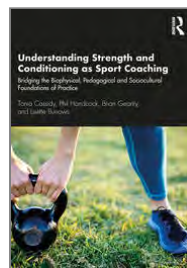
Now in a fully revised and updated new edition Strength and Conditioning for Team Sports is still the only evidence-based study of sport-specific practice to focus on team sports. This new edition includes new chapters on neuromuscular training and specific injury risks for different sports, as well as 200 extra references and an appendix containing fully detailed training programmes for a wide range of team sports. Well illustrated throughout, this book is essential reading for all serious students of strength and conditioning, and for any practitioner seeking to extend their professional practice.

Routledge
October 2012 : 304pp
Pb: 978-0-415-63793-0 : **£59.99**
Hb: 978-0-415-63792-3 : **£170**
eBook: 978-0-203-08425-0

* For full contents and more information, visit: www.routledge.com/9780415637930

Understanding Strength and Conditioning as Sport Coaching

Bridging the Biophysical, Pedagogical and Sociocultural Foundations of Practice



Edited by **Tania Cassidy** Otago University, New Zealand, **Phil Handcock** University of Otago, New Zealand, **Brian Gearty** University of Denver, USA, **Lisette Burrows**

Understanding Strength and Conditioning as Sport Coaching helps students and coaches to integrate perspectives from these other disciplines to enhance their strength and conditioning coaching practice. The book offers an introduction to pedagogical and socio-cultural concepts and literature in an S&C context and is a vital resource for students of strength and conditioning, practicing strength and conditioning coaches and sport science staff.

Routledge
May 2020 : 200pp
Pb: 978-1-138-30182-5 : **£41.99**
Hb: 978-1-138-30181-8 : **£155**
eBook: 978-0-203-73224-3

* For full contents and more information, visit: www.routledge.com/9781138301825

2ND EDITION

Adventure Sports Coaching



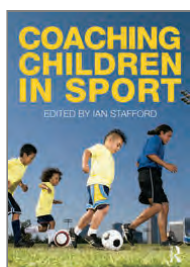
Edited by **Matt Berry** University of Chichester, UK, **Chris Hodgson** University of Chichester, UK, **Jane Lomax**

Adventure Sports Coaching was the first book to link contemporary sports coaching science with adventure sports practice examining the unique set of challenges faced by adventure sports coaches, such as the dynamic natural environment and the requirement to train athletes to levels of high performance outside of traditional structures of competition exploring both key theory and best practice. This new and fully updated edition reflects the increased wealth of empirical work, and practical guidance, in areas such as technology, techniques and risk management published in the last ten years.

Routledge
December 2025 : 280pp
Pb: 978-1-032-77994-2 : £41.99
Hb: 978-1-032-77995-9 : £155
eBook: 978-1-003-48578-0

* For full contents and more information, visit: www.routledge.com/9781032779942

Coaching Children in Sport



Edited by **Ian Stafford** Sports Coach, UK

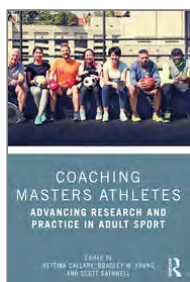
Coaching Children in Sport explains why children should not simply be treated as mini-adults in sport and helps coaches to devise effective ways of working that not only achieve results but also take into account the best interests of the child. Including case studies, practical reflective activities and guides to further reading throughout, this book is an essential text for all sports coaching courses, and vital reading for any student, teacher or practitioner working with children in sport, physical education or developmental contexts.

Routledge
April 2011 : 320pp
Pb: 978-0-415-49391-8 : £54.99
Hb: 978-0-415-49390-1 : £185
eBook: 978-0-203-85068-8

* For full contents and more information, visit: www.routledge.com/9780415493918

Coaching Masters Athletes

Advancing Research and Practice in Adult Sport



Edited by **Bettina Callary**, **Bradley Young**, **Scott Rathwell**

Coaching Masters Athletes explores the research and practice specific to planning to coach Masters athletes and divulges what is known about distinctive considerations for delivering coaching interventions to this cohort, expanding on coaches' abilities to influence adults' personal development and their own coach education. Readers and students of Coaching, Physical Activity, Health Psychology, Sport Leadership and Exercises Science will gain valuable applied perspectives grounded in best practice research on how to coach one of the fastest-growing sporting cohorts, to promote quality adult sport, and to keep adult sports-persons engaged and active.

Routledge
April 2021 : 216pp
Pb: 978-0-367-44237-8 : £45.99
Hb: 978-0-367-44238-5 : £155
eBook: 978-1-003-02536-8

* For full contents and more information, visit: www.routledge.com/9780367442378

Community Sport Coaching

Policies and Practice



Edited by **Ben Ives**, **Paul Potrac**, **Laura Gale**, **Lee Nelson**

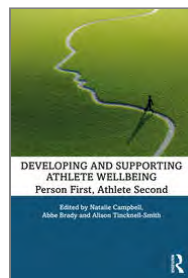
Bringing together an international team of leading researchers in sport policy, sport development, sport pedagogy, and sport coaching, as well as some of the best emerging talents, this book is the first to critically consider a range of policy and practice issues directly connected to community sport coaching.

Routledge
October 2021 : 282pp
Pb: 978-0-367-74678-0 : £40.99
Hb: 978-0-367-43175-4 : £155
eBook: 978-1-003-15906-3

* For full contents and more information, visit: www.routledge.com/9780367746780

Developing and Supporting Athlete Wellbeing

Person First, Athlete Second



Edited by **Natalie Campbell**, **Abbe Brady** St Mary's University, Twickenham, UK, **Alison Tincknell-Smith** University of Bath, UK

This pioneering book in elite athlete wellbeing brings together the narratives of athletes and wellbeing practitioners in high performance sport with cutting edge theorising from world leading academics to explore pertinent mental wellbeing matters that present for elite athletes both during and after their careers. The book is a must read for students and researchers working in sport coaching, sport psychology, applied sport science or sport management, as well as practitioners interested in facilitating a duty of care for high performing athletes, and working in coaching, sport science support, athlete development programs, NGB policy and administration, or welfare services.

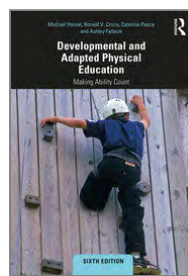
Routledge
September 2021 : 304pp
Pb: 978-0-367-25462-9 : £40.99
Hb: 978-0-367-25461-2 : £155
eBook: 978-0-429-28792-3

* For full contents and more information, visit: www.routledge.com/9780367254629

6TH EDITION

Developmental and Adapted Physical Education

Making Ability Count



Michael Horvat, **Ronald Croce** University of New Hampshire, US, **Caterina Pesce** University "Foro Italico", Rome, Italy, **Ashley Eason Fallaize** BlazeSports America, Inc., USA

Now in its 6th edition, this is a complete introduction to adapted physical education. The book includes brand new material on developmental coordination disorders and cognitive development. Full of teaching and coaching strategies and techniques, it introduces scientific fundamentals, key legislation, and best practice in designing effective programs. This is an essential reference for teachers, coaches or exercise professionals working with children with disabilities and an invaluable resource for undergraduate or postgraduate students of adapted physical education, kinesiology, physical education, physical therapy, exercise science, athletic training or sports coaching.

Routledge
March 2019 : 512pp
Pb: 978-1-138-56987-4 : £66.99
Hb: 978-1-138-56986-7 : £155
eBook: 978-0-203-70403-5

* For full contents and more information, visit: www.routledge.com/9781138569874

Examining and Mitigating Sexual Misconduct in Sport



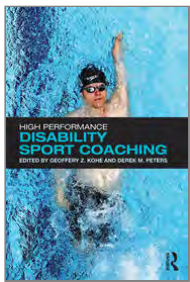
Edited by **Tanya Prewitt-White**, **Leslee Fisher**

Examining and Mitigating Sexual Misconduct in Sport outlines systemic and sociological explanations for why sport is a site of sexual misconduct. The authors in the text describe cultural realities and considerations sport stakeholders must acknowledge and be informed of to make sport a more equitable and safe space. Personal narratives from a variety of sport stakeholders which unveil their lived experiences of sexual misconduct and humanize survivor stories in ways often ignored in sport and society are shared. Authors offer recommendations to all sport stakeholders to mitigate incidents of and harm done by sexual misconduct.

Routledge
 March 2022 : 246pp
 Pb: 978-0-367-64703-2 : **£35.99**
 Hb: 978-0-367-64705-6 : **£155**
 eBook: 978-1-003-12588-4

* For full contents and more information, visit: www.routledge.com/9780367647032

High Performance Disability Sport Coaching



Edited by **Geoffery Z. Kohe** University of Worcester, UK,
Derek Peters University of Worcester, UK

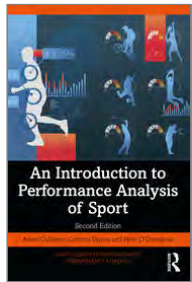
As the profile of disability sport has risen, so has the emphasis grown beyond participation to include the development of a high performance environment. This book is the first to take an in-depth look at the role of coaching and coaches in facilitating the professionalisation of disability sport, in raising performance standards, and as a vector for the implementation of significant political, socio-cultural and technological change. Using in-depth case studies of elite disability sport coaches from around the world, across a wide range of sports and disciplines, this book offers a framework for critical reflection on coaching practice and disability sport experiences.

Routledge
 August 2016 : 228pp
 Pb: 978-1-138-86037-7 : **£51.99**
 Hb: 978-1-138-86036-0 : **£140**
 eBook: 978-1-315-71649-7

* For full contents and more information, visit: www.routledge.com/9781138860377

2ND EDITION

An Introduction to Performance Analysis of Sport



Adam Cullinane, Gemma Davies, Peter O'Donoghue
Cardiff Metropolitan University, UK

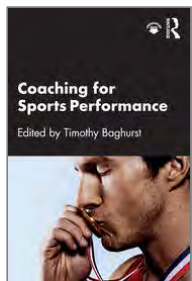
Series: Routledge Studies in Sports Performance Analysis

This revised edition is an essential introduction to the fundamental principles of performance analysis of sport and how to develop and operate performance analysis systems. Containing examples from sporting events and new content of innovations in determining what to analyse, advances in feedback technology, performance profiles, principles for delivering feedback, and telestration within video sequences, *An Introduction to Performance Analysis of Sport* reviews the types of data and information that performance analysis can generate, and explains how to test for reliability.

Routledge
March 2024 : 206pp
Pb: 978-1-032-45114-5 : **£46.99**
Hb: 978-1-032-45115-2 : **£155**
eBook: 978-1-003-37546-3

* For full contents and more information, visit: www.routledge.com/9781032451145

Coaching for Sports Performance



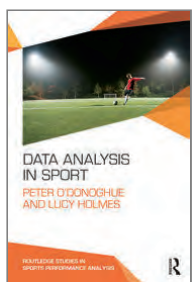
Edited by Timothy Baghurst Oklahoma State University, USA

Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections.

Routledge
December 2019 : 590pp
Pb: 978-0-367-22117-1 : **£55.99**
Hb: 978-0-367-22116-4 : **£155**
eBook: 978-0-429-29936-0

* For full contents and more information, visit: www.routledge.com/9780367221171

Data Analysis in Sport



Peter O'Donoghue Cardiff Metropolitan University, UK,
Lucy Holmes Cardiff Metropolitan University, UK

Series: Routledge Studies in Sports Performance Analysis

Making sense of research data can be a challenging task but is nevertheless an essential part of performance analysis investigations. Focusing on techniques used in the analysis of sport performance, this book introduces the fundamental principles of data analysis and offers guidance on the presentation of results. The book covers key topics such as the purpose of data analysis, commercial packages for performance and data analysis, creating visually appealing 'dashboard' interfaces for presenting data, and assessing reliability, and includes worked examples from real sport, offering clear guidance to the reader and bringing the subject to life.

Routledge
October 2014 : 278pp
Pb: 978-0-415-73984-9 : **£52.99**
Hb: 978-0-415-73983-2 : **£150**
eBook: 978-1-315-81635-7

* For full contents and more information, visit: www.routledge.com/9780415739849

2ND EDITION

Data Analytics in Football

Positional Data Collection, Modelling and Analysis



Daniel Memmert German Sport University Cologne, Germany, **Dominik Raabe**

Data Analytics in Football provides students, researchers and coaches with a firm grounding in the principles of modern performance analysis. It offers an insight into the use of positional data, exploring how it can be collected, modelled, analysed and interpreted. Introducing cutting-edge methods, the book challenges long-held assumptions and encourages a new way of thinking about football analysis.

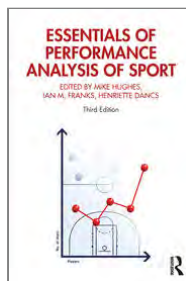
Routledge
December 2023 : 176pp
Pb: 978-1-032-53247-9 : **£44.99**
Hb: 978-1-032-53249-3 : **£155**
eBook: 978-1-003-41107-9

* For full contents and more information, visit: www.routledge.com/9781032532479

3RD EDITION

Essentials of Performance Analysis in Sport

Third edition



Edited by Mike Hughes, Ian Franks, Mike Hughes
Cardiff Metropolitan University, UK, **Ian M. Franks**
University of British Columbia, Canada, **Henriette Dancs**

Essentials of Performance Analysis in Sport 3rd Edition is fully revised with updated chapters and the addition of 12 new chapters. It is a comprehensive and authoritative guide to this core discipline of contemporary sport science. The book offers a full description of the fundamental theory of match and performance analysis, using real-world illustrative examples and data throughout. It also explores the applied contexts in which analysis can have a significant influence on performance.

Routledge
December 2019 : 492pp
Pb: 978-0-367-35541-8 : **£62.99**
Hb: 978-0-367-35539-5 : **£195**
eBook: 978-0-429-34013-0

* For full contents and more information, visit: www.routledge.com/9780367355418

Performance Analysis in Team Sports



Pedro Passos University of Lisbon, Portugal, **Duarte Araújo** University of Lisbon, Portugal, **Anna Volossovitch** University of Lisbon, Portugal

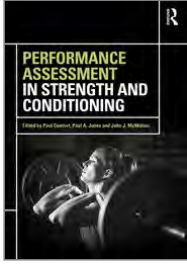
Series: Routledge Studies in Sports Performance Analysis

Filling an important gap in performance analysis literature, this book explores the key characteristics of team sports and presents a general framework for analysis. Drawing on cutting-edge research and data, it examines individual, paired and collective behaviours in team sports, as well as the crucial relationship between analysis and the coaching process. The second part of the book drills down into analysis techniques across a wide range of team sports, including soccer, basketball, hockey, volleyball and rugby. This is an essential companion for any course or research project on sport performance analysis or sports coaching, and an invaluable reference for all professional analysts.

Routledge
November 2016 : 252pp
Pb: 978-1-138-82584-0 : **£47.99**
Hb: 978-1-138-82583-3 : **£155**
eBook: 978-1-315-73968-7

* For full contents and more information, visit: www.routledge.com/9781138825840

Performance Assessment in Strength and Conditioning



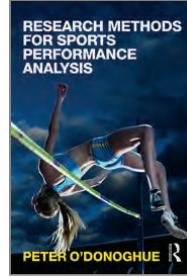
Edited by **Paul Comfort** University of Salford, UK, **Paul A. Jones** University of Salford, UK

This is the first textbook to suggest the most appropriate and reliable methods for assessing and monitoring athletes' performance, as well as including detailed sections on testing considerations and the interpretation and application of results. The book explores the full range of considerations required to reliably assess performance before going on to recommend the optimal methods for testing all aspects of physical performance, and closing with a section on interpreting, presenting and applying results to practice. It is an essential text for upper-level strength and conditioning students and practitioners, alike.

Routledge
October 2018 : 382pp
Pb: 978-0-415-78938-7 : **£49.99**
Hb: 978-0-415-78936-3 : **£155**
eBook: 978-1-315-22281-3

* For full contents and more information, visit: www.routledge.com/9780415789387

Research Methods for Sports Performance Analysis



Peter O'Donoghue Cardiff Metropolitan University, UK

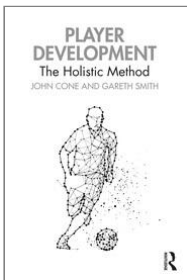
Sports performance analysis is an important tool for any serious practitioner in sport and, as a result, performance analysis has become a key component of degree programmes in sport science and sports coaching. This book explains how to undertake a research project in performance analysis of sport, from selecting a research topic, to gathering and analysing data, to writing up results.

Routledge
December 2009 : 296pp
Pb: 978-0-415-49623-0 : **£52.99**
Hb: 978-0-415-49622-3 : **£200**
eBook: 978-0-203-87830-9

* For full contents and more information, visit: www.routledge.com/9780415496230

Player Development

The Holistic Method



John Cone, Gareth Smith

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge
August 2022 : 370pp
Pb: 978-1-032-15907-2 : **£39.99**
Hb: 978-1-032-15909-6 : **£155**
eBook: 978-1-003-24626-8

* For full contents and more information, visit: www.routledge.com/9781032159072

Professional Practice in Sport Performance Analysis



Andrew Butterworth

Series: *Routledge Studies in Sports Performance Analysis*

Professional Practice in Sport Performance Analysis delivers practically centred insights into the reality of working in the industry, including the technological, theoretical and personal competencies required. This book delves into the realities of working as an analyst within the evolving and complex coaching process which practitioners need to navigate in order to successfully deliver their job role. The volume uncovers the practical realities, underpinning knowledge, challenges and constraints of working as an applied performance analyst whilst providing a practical guide for those practitioners who are currently, or seeking, to work as an applied performance analyst.

Routledge
April 2023 : 210pp
Pb: 978-1-032-12879-5 : **£40.99**
Hb: 978-1-032-12880-1 : **£145**
eBook: 978-1-003-22665-9

* For full contents and more information, visit: www.routledge.com/9781032128795

An Introduction to Sports Coaching

Connecting Theory to Practice



Edited by **Robyn Jones** Cardiff Metropolitan University, UK
Kieran Kingston Cardiff Metropolitan University, UK

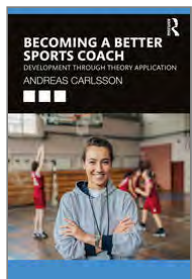
Now in a fully updated and revised second edition, An Introduction to Sports Coaching introduces students to the complex, messy, multi-faceted nature of coaching, and explores the full range of 'knowledges' which inform all successful coaching practice. The book includes clear definitions of important themes and concepts, as well as seminar and review questions in each chapter. This text is an essential companion to any sports coaching course.

Routledge
March 2013 : 288pp
Pb: 978-0-415-69491-9 : **£54.99**
Hb: 978-0-415-69490-2 : **£170**
eBook: 978-0-203-14744-3

* For full contents and more information, visit: www.routledge.com/9780415694919

Becoming a Better Sports Coach

Development through Theory Application



Edited by **Andreas Carlsson**

In order to bridge this theory to practice gap, Becoming a Better Sports Coach: Development through Theory Application presents theory and science connected to practice in a way that makes it possible for coaches to test, evaluate, and improve upon their existing coaching practice. This hands-on approach sets out to improve coaches' cognition and raising self-awareness as well as improve coaches learning using specific tools for behavioural feedback and reflection. Improving on self-reflective skills and eliciting feedback on the coach's own behaviour is how coaching practice is improved.

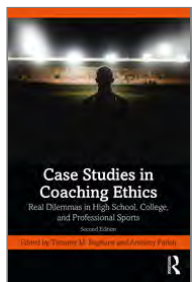
Routledge
September 2021 : 292pp
Pb: 978-0-367-86276-3 : **£40.99**
Hb: 978-0-367-86069-1 : **£155**
eBook: 978-1-003-19515-3

* For full contents and more information, visit: www.routledge.com/9780367862763

2ND EDITION

Case Studies in Coaching Ethics

Real Dilemmas in High School, College, and Professional Sports



Edited by **Anthony Parish**, **Timothy Baghurst**

This book presents a variety of cases based on true stories that present some of the ethical decisions coaches must make across high school, collegiate, and professional sports. Using a sequential system of less to more complicated, 40 case studies are presented across the sports spectrum that coaches have experienced. Although names and situations have been changed, these cases have happened and provide real applicability to coaches. In addition, each case contains multiple situations perhaps with no "right" answer that test a coach's value system and ability to prioritize actions. Questions are provided at the end of each case that allow for reflection.

Routledge
September 2023 : 210pp
Pb: 978-1-032-45105-3 : **£37.99**
Hb: 978-1-032-45113-8 : **£145**
eBook: 978-1-003-37544-9

* For full contents and more information, visit: www.routledge.com/9781032451053

Coaching for Sports Performance



Edited by **Timothy Baghurst** Oklahoma State University, USA

Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections.

Routledge
December 2019 : 590pp
Pb: 978-0-367-22117-1 : **£55.99**
Hb: 978-0-367-22116-4 : **£155**
eBook: 978-0-429-29936-0

* For full contents and more information, visit: www.routledge.com/9780367221171

3RD EDITION

Foundations of Sports Coaching

Applying Theory to Practice



Edited by **Ashley Gill**

The fully revised 3rd. edition of the popular 'Foundations of Sports Coaching' textbook aims to provide a comprehensive and engaging introduction to the practical and theoretical principles that underpin the sports coaching process from both a participation and performance perspective. This is an essential companion to any sports coaching course.

Routledge
May 2021 : 290pp
Pb: 978-0-367-74697-1 : **£51.99**
Hb: 978-0-367-33882-4 : **£155**
eBook: 978-1-003-15752-6

* For full contents and more information, visit: www.routledge.com/9780367746971

2ND EDITION

Practical Sports Coaching



Edited by **Christine Nash** University of Edinburgh, UK

Practical Sports Coaching is a thorough and engaging guide for all sports coaching students and practitioners. Drawing on real-life case studies and examples, the book is designed to develop practical coaching skills and provides readers with the methods and tools they need to become an expert coach. Structured around all facets of the coaching process, the text comprehensively covers topics such as: Preparing to Coach, the Role and Philosophy of Coaching, Coaching Environments and the use of Modern Technology in Coaching.

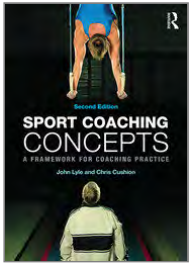
Routledge
March 2022 : 272pp
Pb: 978-1-032-01708-2 : **£50.99**
Hb: 978-1-032-01710-5 : **£155**
eBook: 978-1-003-17973-3

* For full contents and more information, visit: www.routledge.com/9781032017082

2ND EDITION

Sport Coaching Concepts

A framework for coaching practice



John Lyle Leeds Metropolitan University, UK, **Chris Cushion**

Sport Coaching Concepts was the first textbook to offer a comprehensive introduction to the theoretical issues that underpin sports coaching practice. Now in a fully revised and updated new edition, this book explains why a conceptual approach to sports coaching is more important than ever before, using practice-orientated analysis to help students develop a full understanding of coaching theory and technique. Also included are six completely new chapters on the evolution of coaching theory, coaches' expertise, decision-making, social perspectives on the coach-athlete relationship, social inclusion, and principles of coach development.

Routledge

November 2016 : 368pp

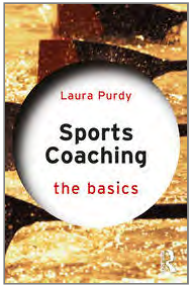
Pb: 978-0-415-67577-2 : **£66.99**

Hb: 978-0-415-67576-5 : **£200**

eBook: 978-0-203-12642-4

* For full contents and more information, visit: www.routledge.com/9780415675772

Sports Coaching: The Basics



Laura Purdy Edge Hill University, UK

Series: *The Basics*

This book offers an accessible introduction to the discipline of sports coaching, providing an overview of the fundamental ideas at the core of the subject. The book is underpinned by the principle that sports coaching is a social endeavour, moving beyond 'what' coaches do, 'when' they do it and 'how', to focus on 'why' coaches operate in such ways and, more importantly, 'who' the coach is and how this influences his/her practice. Organised around the main disciplines that have informed investigations in the area – including psychology, sociology, education and philosophy – the book also explores contemporary issues faced by grassroots/youth sports coaches and elite/professional coaches.

Routledge

October 2017 : 198pp

Pb: 978-1-138-89088-6 : **£23.99**

Hb: 978-1-138-89087-9 : **£105**

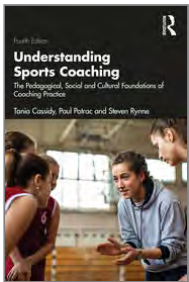
eBook: 978-1-315-70999-4

* For full contents and more information, visit: www.routledge.com/9781138890886

4TH EDITION

Understanding Sports Coaching

The Pedagogical, Social and Cultural Foundations of Coaching Practice



Tania Cassidy Otago University, New Zealand, **Paul Potrac** Edge Hill University, UK, **Steven Rynne**

Now in a fully revised and updated fourth edition, and introducing a new author team, Understanding Sports Coaching introduces theories and practices while exploring pedagogical, social, and cultural concepts underpinning good sports coaching practice. Broken into four sections, this book examines the complex interplay between coach, athlete, coaching programme and social context, and encourages coaches to develop an open and reflective approach to their own coaching practice. It covers key aspects of coaching theories and practice.

Routledge

June 2023 : 260pp

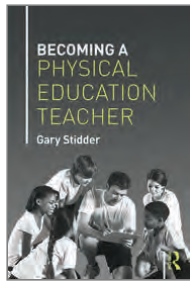
Pb: 978-1-032-02631-2 : **£52.99**

Hb: 978-1-032-02634-3 : **£145**

eBook: 978-1-003-18434-8

* For full contents and more information, visit: www.routledge.com/9781032026312

Becoming a Physical Education Teacher



Gary Stidder University of Brighton, UK

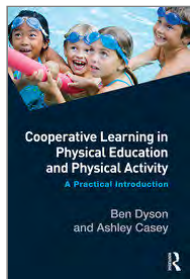
Teaching physical education is a challenging but rewarding occupation. This engaging new book explains the process of becoming and being a teacher of secondary school physical education, from the various routes of entry into the profession, to the realities of being a qualified PE teacher, to the ways in which experienced teachers can become teacher educators and nurture the next generation. It combines rich personal accounts of teaching in, and being taught, physical education, with practical advice for trainees, newly qualified teachers and established professionals, with an emphasis throughout on the importance of critical self-reflection.

Routledge
February 2015 : 224pp
Pb: 978-1-138-77828-3 : **£47.99**
Hb: 978-1-138-77827-6 : **£155**
eBook: 978-1-315-77208-0

* For full contents and more information, visit: www.routledge.com/9781138778283

Cooperative Learning in Physical Education and Physical Activity

A Practical Introduction



Ben Dyson University of Auckland, New Zealand, **Ashley Casey** Loughborough University, UK

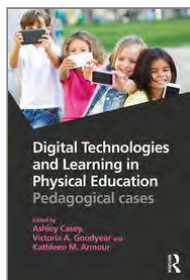
There is a need in physical education for new, research-informed, practical ways of engaging children and young people in lifelong physical activity. This book introduces Cooperative Learning, a pedagogical approach to engaging students, from the practitioner's perspective. Written by authors with over 40 years' experience as teachers and researchers, the book helps teachers and trainee teachers to master research-informed strategies for teaching physical education across elementary, middle and high school settings. Using clear language, and full of real-life examples, unit and lesson plans, activities and tasks, this is essential reading for all students and professionals.

Routledge
March 2016 : 214pp
Pb: 978-1-138-82619-9 : **£52.99**
Hb: 978-1-138-82618-2 : **£155**
eBook: 978-1-315-73949-6

* For full contents and more information, visit: www.routledge.com/9781138826199

Digital Technologies and Learning in Physical Education

Pedagogical cases



Edited by Ashley Casey Loughborough University, UK, **Victoria Goodyear** University of Birmingham, UK, **Kathleen Armour** University of Birmingham, UK

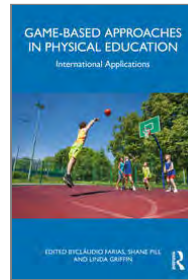
This book is about teachers and young people's learning in physical activity education settings and the ways in which digital technologies can enhance and accelerate learning. It uses the innovative 'pedagogical cases' model in which a case narrative details practitioners' pedagogical intentions and processes when using technology with specific groups of young people. The narratives are then analysed to provide a multi-disciplinary and critical understanding of the possibilities and challenges of supporting learning with digital technologies. Each case concludes with a pedagogical synthesis and a practitioner reflection to highlight the links between theory, research and practice.

Routledge
November 2016 : 276pp
Pb: 978-1-138-94729-0 : **£55.99**
Hb: 978-1-138-94728-3 : **£155**
eBook: 978-1-315-67016-4

* For full contents and more information, visit: www.routledge.com/9781138947290

Game-based Approaches in Physical Education

International Applications



Edited by Cláudio Farias University of Porto, Portugal, **Shane Pill**, **Linda Griffin**

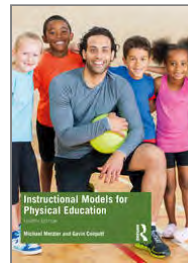
This book combines the pedagogical, academic, and practical knowledge of a team of experts in the global game-based approaches community. Sharing some common universal principles about game-based physical education teaching, this book innovates by offering unique cultural perspectives and diversity in the pedagogical interpretations made in different continents and countries of the original Teaching Games for Understanding (TGfU) approach. Each unit includes a framework of tactical content of increasing complexity, a teaching unit outline (between 9 and 20 lessons), and the respective game-based activities and learning tasks.

Routledge
June 2025 : 364pp
Pb: 978-1-032-72330-3 : **£41.99**
Hb: 978-1-032-72333-4 : **£155**
eBook: 978-1-032-72332-7

* For full contents and more information, visit: www.routledge.com/9781032723303

4TH EDITION

Instructional Models for Physical Education



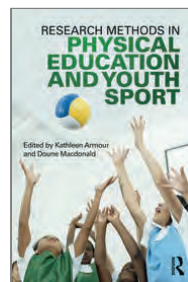
Michael Metzler Georgia State University, US, **Gavin Colquitt**

This edition has been updated to be in alignment with the SHAPE America National Standards for Physical Education. It includes new chapters on differentiated instruction and practical applications. An online resource includes videos and podcasts.

Routledge
May 2021 : 460pp
Pb: 978-0-367-53224-6 : **£69.99**
Hb: 978-0-367-53247-5 : **£155**
eBook: 978-1-003-08109-8

* For full contents and more information, visit: www.routledge.com/9780367532246

Research Methods in Physical Education and Youth Sport



Edited by Kathleen Armour University of Birmingham, UK, **Doune Macdonald** University of Queensland, Australia

This is the first research methods book to focus entirely on physical education and youth sport. Each chapter includes a full range of useful pedagogical features, including chapter summaries, practical activities, case studies, dialogues with active researchers and guidance on further reading and resources. With contributions from some of the world's best-known researchers in the field, this book is indispensable reading for all students and professionals working in physical education, youth sport, sports coaching and related subjects.

Routledge
November 2011 : 376pp
Pb: 978-0-415-61885-4 : **£54.99**
Hb: 978-0-415-61884-7 : **£200**
eBook: 978-0-203-80717-0

* For full contents and more information, visit: www.routledge.com/9780415618854

2ND EDITION

Research Methods in Sports Coaching



Edited by **Lee Nelson**, **Ryan Groom**, **Paul Potrac** Edge Hill University, UK

Research Methods in Sports Coaching is a key resource for students and scholars completing research into sports coaching. The book comprises five distinct parts that prompt readers to think about important considerations: (1) Preparing and initiating the coaching research process, (2) Philosophical considerations for coaching research, (3) Coaching research designs, (4) Methods of collecting coaching data, and (5) Analysing coaching data. This revised edition places emphasis on introducing the diverse research paradigms, research designs, as well as methods of data collection and analysis available to coaching researchers.

Routledge
January 2025 : 273pp
Pb: 978-1-032-46481-7 : **£47.99**
Hb: 978-1-032-46482-4 : **£155**
eBook: 978-1-003-38189-1

* For **full contents** and more information, visit: www.routledge.com/9781032464817

Applied Sport, Exercise, and Performance Psychology

Current Approaches to Helping Clients



Edited by **David Tod** Liverpool John Moores University, UK, **Martin Eubank** Liverpool John Moores University, UK

Applied Sport, Exercise, and Performance Psychology: Current Approaches to Helping Clients provides in-depth and critical coverage, from a global perspective, of the common approaches practitioners now use with clients. Chapters are supplemented with case studies showing the approaches in action. This text is a vital resource for students in BPS accredited applied sport psychology courses, sport and exercise science courses, and psychology and counselling courses. It is also an invaluable read for practicing applied sport, exercise, and performance psychologists, as well as coaches and parents with some background in psychology.

Routledge
May 2020 : 252pp
Pb: 978-1-138-58785-4 : **£41.99**
Hb: 978-1-138-58784-7 : **£155**
eBook: 978-0-429-50370-2

* For full contents and more information, visit: www.routledge.com/9781138587854

Athletic Development

A Psychological Perspective



Edited by **Caroline Heaney**, **Nichola Kentzer**, **Ben Oakley**

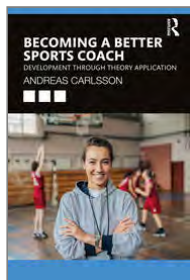
Athletic Development: A Psychological Perspective is an examination of the psychological factors that help or hinder the development of participants in sport. This includes influences such as families, coach-athlete interactions, and transitional episodes on an individual's pathway in sport.

Routledge
July 2021 : 274pp
Pb: 978-0-367-72102-2 : **£40.99**
Hb: 978-0-367-72103-9 : **£155**
eBook: 978-1-003-15345-0

* For full contents and more information, visit: www.routledge.com/9780367721022

Becoming a Better Sports Coach

Development through Theory Application



Andreas Carlsson

In order to bridge this theory to practice gap, *Becoming a Better Sports Coach: Development through Theory Application* presents theory and science connected to practice in a way that makes it possible for coaches to test, evaluate, and improve upon their existing coaching practice. This hands-on approach sets out to improve coaches' cognition and raising self-awareness as well as improve coaches learning using specific tools for behavioural feedback and reflection. Improving on self-reflective skills and eliciting feedback on the coach's own behaviour is how coaching practice is improved.

Routledge
September 2021 : 292pp
Pb: 978-0-367-86276-3 : **£40.99**
Hb: 978-0-367-86069-1 : **£155**
eBook: 978-1-003-19515-3

* For full contents and more information, visit: www.routledge.com/9780367862763

Comprehensive Applied Sport Psychology

Edited by **Jim Taylor**



Comprehensive Applied Sport Psychology is the first professional book aimed at offering a truly expansive and deep exploration of all acts that sport psychologists and mental trainers perform, from assessment to athletic success and everything in between and beyond.

Routledge
September 2019 : 400pp
Pb: 978-1-138-58788-5 : **£40.99**
Hb: 978-1-138-58735-9 : **£155**
eBook: 978-0-429-50368-9

* For full contents and more information, visit: www.routledge.com/9781138587885

3RD EDITION

Psychology in Sports Coaching

Theory and Practice



Adam R. Nicholls University of Hull, UK

Fully revised and updated, the third edition of *Psychology in Sports Coaching* clearly and accessibly introduces the principles and practice of sports psychology in the context of the coaching process. Drawing on the very latest research and theory, the book introduces the psychological tools and techniques that coaches can use to get the best performances out of their athletes. Every chapter contains useful features to aid learning and understanding, including in-depth case studies, critical thinking questions, clear and concise summaries, and practice exam questions.

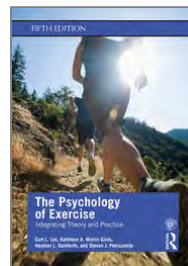
Routledge
September 2021 : 326pp
Pb: 978-1-032-06260-0 : **£47.99**
Hb: 978-1-032-06262-4 : **£160**
eBook: 978-1-003-20144-1

* For full contents and more information, visit: www.routledge.com/9781032062600

5TH EDITION

The Psychology of Exercise

Integrating Theory and Practice



Curt L. Lox, **Kathleen A. Martin Ginis**, **Heather L. Gainforth**, **Steven J. Petruzzello**

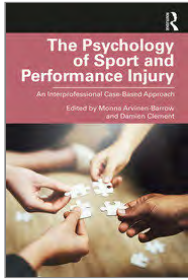
Now in its fifth edition, *The Psychology of Exercise: Integrating Theory and Practice* is the ideal resource for upper-level undergraduate courses devoted to the study of exercise behavior. This edition includes a substantial revision of the theory and intervention chapters, with a focus on the most popular theories currently thriving in the field, a discussion of environmental influences on behavior, and an expanded presentation of intervention components, design, and evaluation. Separate chapters are also dedicated to popular topics such as personality, self-perceptions, stress, anxiety, depression, emotional well-being, cognitive function, and health-related quality of life.

Routledge
October 2019 : 452pp
Pb: 978-0-367-18680-7 : **£80.99**
Hb: 978-0-367-18679-1 : **£155**
eBook: 978-0-429-28748-0

* For full contents and more information, visit: www.routledge.com/9780367186807

The Psychology of Sport and Performance Injury

An Interprofessional Case-Based Approach



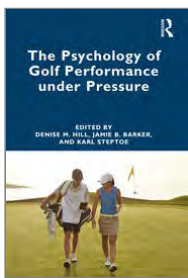
Edited by **Monna Arvinen-Barrow** University of Wisconsin, US, **Damien Clement**

The Psychology of Sport and Performance Injury is the first book to offer students, academic scholars, and practitioners case studies that are grounded in psychological theory and empirical evidence, with a specific focus on addressing psychological aspects of sport and performance injuries in an interprofessional manner. This book presents nine "real-life inspired" fictional sport and performance injury cases and each chapter includes a theoretical, conceptual, and empirical analysis of the case. It is a vital resource for any upper-level student of the psychology of sport or performance injury.

Routledge
May 2019 : 206pp
Pb: 978-0-815-36269-2 : **£45.99**
Hb: 978-0-815-36268-5 : **£155**
eBook: 978-1-351-11159-1

* For full contents and more information, visit: www.routledge.com/9780815362692

The Psychology of Golf Performance under Pressure



Edited by **Denise Hill**, **Jamie Barker** Staffordshire University, UK, **Karl Steptoe**

The Psychology of Golf Performance under Pressure offers contemporary, research informed information regarding the key psychological factors affecting golf development and performance under pressure. Through the authors' substantive expertise - all of whom are notable scholars and / or practitioners in the field of golf psychology - the text provides a highly accessible "real world" application of theory to practice, through the provision of evidence-based guidance regarding how to maximise golf performance under pressure.

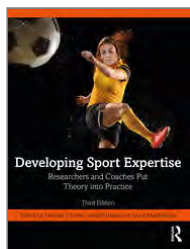
Routledge
October 2023 : 234pp
Pb: 978-1-032-28901-4 : **£40.99**
Hb: 978-1-032-28902-1 : **£145**
eBook: 978-1-003-29904-2

* For full contents and more information, visit: www.routledge.com/9781032289014

3RD EDITION

Developing Sport Expertise

Researchers and Coaches Put Theory into Practice



Edited by **Damian Farrow**, **Joe Baker** York University, Canada, **Clare MacMahon** Swinburne University, Australia

In this fully revised new edition of the leading student and researcher overview of the development of sports expertise, a team of world-class sport scientists and professional coaches examine the fundamental science of skill acquisition and explore the methods by which science can be applied in the real-world context of sport performance. This book surveys the latest research in skill acquisition, provides a comprehensive and accessible review of core theory and key concepts and includes a 'Coach's Corner' feature in each chapter, in which coaches offer insights from elite sport and critique contemporary practice in sport skill development.

Routledge
November 2023 : 180pp
Pb: 978-1-032-25815-7 : **£54.99**
Hb: 978-1-032-25818-8 : **£145**
eBook: 978-1-003-28516-8

* For full contents and more information, visit: www.routledge.com/9781032258157

2ND EDITION

Nonlinear Pedagogy in Skill Acquisition

An Introduction



Edited by **Jia Yi Chow** National Institute of Education, Singapore, **Keith Davids** Sheffield Hallam University, UK, **Chris Button** University of Otago, New Zealand, **Ian Renshaw** Queensland University of Technology, Australia

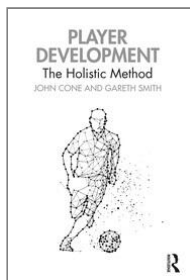
The second edition includes new materials, of practical, theoretical and empirical relevance, to enhance understanding of how to implement a Nonlinear Pedagogy to support learning in sport, PE and physical activity. There is an in-depth discussion on the various pedagogical principles that support Nonlinear Pedagogy and how these principles are applicable in learning designs in sports and physical education. There is further emphasis on examining how transfer of learning is implicated in practice, highlighting its relevance on skill adaptation and talent development.

Routledge
December 2021 : 254pp
Pb: 978-0-367-42377-3 : **£45.99**
Hb: 978-1-032-16194-5 : **£155**
eBook: 978-1-003-24745-6

* For full contents and more information, visit: www.routledge.com/9780367423773

Player Development

The Holistic Method



Edited by **John Cone**, **Gareth Smith**

Player Development: The Holistic Method provides the first holistic, evidence-based performance development method in sport. Focusing on the world's largest sport, soccer, this book weaves together the interconnected layers driving player performance development to define a novel training method. This book is the pathway to understanding and facilitating individual player development leading to elite performance success. This book reveals not only a holistic method, but also, a universal method breaking down perceived and real barriers to provide a method transcending domains and specializations - a unified approach.

Routledge
August 2022 : 370pp
Pb: 978-1-032-15907-2 : **£39.99**
Hb: 978-1-032-15909-6 : **£155**
eBook: 978-1-003-24626-8

* For full contents and more information, visit: www.routledge.com/9781032159072

3RD EDITION

Skill Acquisition in Sport

Research, Theory and Practice



Edited by **Nicola J. Hodges** University of British Columbia, Canada, **A. Mark Williams** University of Utah, USA

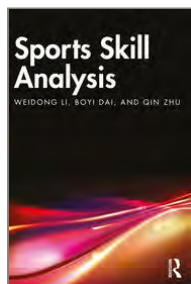
Skill Acquisition in Sport gives students, coaches, and practitioners the broadest and most scientifically rigorous grounding in the principles and practice of the discipline. Fully revised, updated and restructured, the third edition integrates theory and practice, and provides more material on practical application than ever before. Based on the latest research, including chapters on emerging topics, and written by a global cast of world-leading experts, Skill Acquisition in Sport is an essential textbook for any kinesiology or sport science student taking skill acquisition, expertise development or motor learning classes.

Routledge
November 2019 : 388pp
Pb: 978-0-815-39284-2 : **£52.99**
Hb: 978-0-815-39283-5 : **£200**
eBook: 978-1-351-18975-0

* For full contents and more information, visit: www.routledge.com/9780815392842

Sports Skill Analysis

Weidong Li, Boyi Dai, Qin Zhu



Guided by the conceptualization of content knowledge, this book covers sports analysis skill analysis, and biomechanical principles and their applications to skill performance and analysis, which teachers or coaches need to possess for effective teaching and coaching. Practical examples for conducting sports and skill analysis, designing teaching progressions for interventions, and applying biomechanical principles are provided.

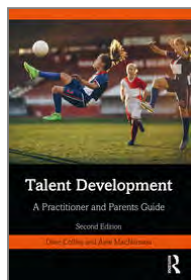
Routledge
February 2024 : 203pp
Pb: 978-1-032-36436-0 : **£40.99**
Hb: 978-1-032-36439-1 : **£155**
eBook: 978-1-003-33196-4

* For full contents and more information, visit: www.routledge.com/9781032364360

2ND EDITION

Talent Development

A Practitioner and Parents Guide



Edited by **Dave Collins** University of Central Lancashire, UK, **Aine MacNamara** University of Central Lancashire, UK

Drawing on the latest evidence and a considerable experience base, the 2nd edition of this book dispels myths about talent development and offers practical advice on the TD pathway from pre-school to elite level. Aimed at practitioners and other stakeholders involved in the TD process - including coaches, scientists, administrators, educators, students, parents, policymakers and senior development athletes - this is an up-to-date practical guide to TD in sport.

Routledge
June 2022 : 272pp
Pb: 978-0-367-56019-5 : **£35.99**
Hb: 978-0-367-56021-8 : **£155**
eBook: 978-1-003-08894-3

* For full contents and more information, visit: www.routledge.com/9780367560195

Talent Development in Paralympic Sport



Edited by **Nima Dehghansai**, **Ross A. Pinder**
Paralympics Australia, Australia, **Joe Baker**

Written by a team of leading international experts, *Talent Development in Paralympic Sport* explores key factors and issues in contemporary sport, including the current state of pathways in Paralympic sport across the globe, designing optimal developmental environments, long-term modeling of Paralympic athlete development, and understanding the complexity of talent selection in Paralympic sport.

Routledge
July 2022 : 228pp
Pb: 978-1-032-02646-6 : **£39.99**
Hb: 978-1-032-02647-3 : **£155**
eBook: 978-1-003-18443-0

* For full contents and more information, visit: www.routledge.com/9781032026466

2ND EDITION

Talent Identification and Development in Sport

International Perspectives



Edited by **Joe Baker** York University, Canada, **Stephen Cobley** Leeds Metropolitan University, UK, **Jörg Schorer** University of Münster, Germany

With an emphasis on practical implications for all those working in sport, the book offers an authoritative evaluation of the strengths and weaknesses of contemporary systems for identifying and developing talent in sport.

Routledge
October 2020 : 226pp
Pb: 978-0-367-50198-3 : **£48.99**
Hb: 978-0-367-46929-0 : **£150**
eBook: 978-1-003-04911-1

* For full contents and more information, visit: www.routledge.com/9780367501983

Talent Identification and Development in Youth Soccer

A Guide for Researchers and Practitioners



Edited by **Adam Kelly** Birmingham City University, UK

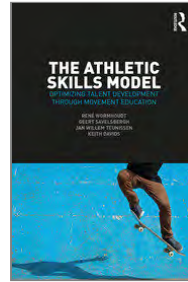
Talent Identification and Development in Youth Soccer provides an all-encompassing guide for both researchers and practitioners by gathering the existing literature to help better understand the current context of this discipline. Chapters are contributed by a team of leading international experts, examining topics such as Technical, Tactical, Physical, Psychological, Social, Activities and Trajectories, Career Transitions, Relative Age Effects, Creativity, and Genetics, with each chapter offering important considerations for researchers and practitioners.

Routledge
September 2023 : 388pp
Pb: 978-1-032-23275-1 : **£41.99**
Hb: 978-1-032-23277-5 : **£150**
eBook: 978-1-032-23279-9

* For full contents and more information, visit: www.routledge.com/9781032232751

The Athletic Skills Model

Optimizing Talent Development Through Movement Education



Edited by **René Wormhoudt**, **Geert J.P. Savelsbergh**, **Jan Willem Teunissen** HAN University of Applied Sciences, Netherlands, **Keith Davids** Sheffield Hallam University, UK

The Athletic Skills Model offers an alternative to dominant talent development theories in the form of holistic broad-based movement education, focusing on health and wellbeing. The book covers the scientific underpinning of the theory and offers practical guidance on the content of the programme, how to adapt and vary the programme, and on how to apply the approach to different age groups and sports as well as exploring its use at AFC Ajax. It is fascinating reading for any upper-level student or researcher interested in youth development, skill acquisition, motor learning or sports coaching, and any coaches wanting to refresh their approach to talent development.

Routledge
October 2017 : 304pp
Pb: 978-1-138-70733-7 : **£44.99**
Hb: 978-1-138-70732-0 : **£160**
eBook: 978-1-315-20147-4

* For full contents and more information, visit: www.routledge.com/9781138707337

2ND EDITION

Designing and Conducting Research in Health and Human Performance



Tracey Matthews , Kimberly Kostelis

Designing and Conducting Research in Health and Human Performance, 2nd edition shows students how to become effective producers and consumers of health and human performance research. This edition provides comprehensive coverage of quantitative and qualitative research methods and includes step-by-step guidance for writing effective research proposals and theses.

Routledge
December 2019 : 270pp
Pb: 978-1-138-32080-2 : **£80.99**
Hb: 978-1-138-32077-2 : **£155**
eBook: 978-0-429-45231-4

* For full contents and more information, visit: www.routledge.com/9781138320802

Online Research Methods in Sport Studies



Jamie Cleland University of South Australia, **Kevin Dixon** Teesside University, UK, **Daniel Kilvington**

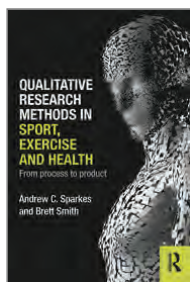
This engaging and innovative book offers a complete introduction to online research methods in sport studies, guiding the reader through the entire research process and bringing that process to life with sport-related cases and examples. Online Research Methods in Sport Studies is essential reading for undergraduate and postgraduate students, academics and researchers with an interest in sport studies, and is a useful reference for practitioners working in sport or sport media who want to improve their professional research skills.

Routledge
December 2019 : 152pp
Pb: 978-0-367-40816-9 : **£41.99**
Hb: 978-0-367-40813-8 : **£155**
eBook: 978-0-367-80930-0

* For full contents and more information, visit: www.routledge.com/9780367408169

Qualitative Research Methods in Sport, Exercise and Health

From Process to Product



Andrew C. Sparkes Leeds Metropolitan University, UK, **Brett Smith** Durham University, UK

In this comprehensive introductory text, Andrew Sparkes and Brett Smith take the reader on a journey through the research process, offering a step-by-step guide to the fundamentals of qualitative research. Each chapter includes practical exercises to enable new researchers to engage with and experience core methods and procedures, from semi-structured interviews to content analysis. Qualitative Research Methods in Sport, Exercise and Health is essential reading for any student, researcher or professional working on a research project in a sport, exercise or health context.

Routledge
September 2013 : 288pp
Pb: 978-0-415-57835-6 : **£52.99**
Hb: 978-0-415-57834-9 : **£170**
eBook: 978-0-203-85218-7

* For full contents and more information, visit: www.routledge.com/9780415578356

4TH EDITION

Research Methods for Sports Studies



Ian Jones Bournemouth University, UK

Research Methods for Sports Studies is a comprehensive, engaging and practical textbook that provides a grounding in qualitative and quantitative research for students studying programmes related to sport and physical activity. This is an essential read for any student undertaking a dissertation or research project as part of their studies in sport, exercise and related fields, including sport management, sport development, the sociology of sport, sports marketing, sport-related tourism, sport coaching, physical education, and other similar degrees.

Routledge
March 2022 : 384pp
Pb: 978-1-032-01752-5 : **£51.99**
Hb: 978-1-032-04984-7 : **£155**
eBook: 978-1-003-19546-7

* For full contents and more information, visit: www.routledge.com/9781032017525

2ND EDITION

Research Methods in Sports Coaching



Edited by **Lee Nelson , Ryan Groom , Paul Potrac** Edge Hill University, UK

Research Methods in Sports Coaching is a key resource for students and scholars completing research into sports coaching. The book comprises five distinct parts that prompt readers to think about important considerations: (1) Preparing and initiating the coaching research process, (2) Philosophical considerations for coaching research, (3) Coaching research designs, (4) Methods of collecting coaching data, and (5) Analysing coaching data. This revised edition places emphasis on introducing the diverse research paradigms, research designs, as well as methods of data collection and analysis available to coaching researchers.

Routledge
January 2025 : 273pp
Pb: 978-1-032-46481-7 : **£47.99**
Hb: 978-1-032-46482-4 : **£155**
eBook: 978-1-003-38189-1

* For full contents and more information, visit: www.routledge.com/9781032464817

The Spectrum of Sport Coaching Styles



Shane Pill , Brendan SueSee University of Southern Queensland, Australia, **Joss Rankin , Mitch Hewitt**

Written by coaches for coaches, this book applies Spectrum theory in a coach-specific/friendly way with detailed descriptions and examples of the coaching styles. It also includes explanations of coaching to develop reflective practice, self-analysis and error correction, how to coach players to decide on appropriate practice levels or challenge points, player problem solving and solution generation ability.

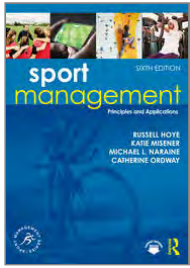
Routledge
November 2021 : 168pp
Pb: 978-0-367-48518-4 : **£41.99**
Hb: 978-0-367-48522-1 : **£160**
eBook: 978-1-003-04144-3

* For full contents and more information, visit: www.routledge.com/9780367485184

6TH EDITION

Sport Management

Principles and Applications



Russell Hoyer La Trobe University, Australia, **Katie Misener** University of Waterloo, Canada, **Michael L. Naraine** Brock University, Canada, **Catherine Ordway** University of Canberra, Australia

Series: *Sport Management Series*

Now available in a fully revised and updated sixth edition, *Sport Management: Principles and Applications* tells you everything you need to know about the contemporary sport industry. With useful ancillary material for instructors, including slides and teaching notes, this is an ideal textbook for first- and second-year students in sport management degree programs and for business students seeking an overview of applied sport management principles.

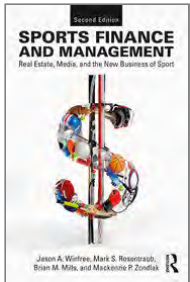
Routledge
February 2022 : 340pp
Pb: 978-1-032-10964-0 : £60.99
Hb: 978-1-032-10966-4 : £155
eBook: 978-1-003-21794-7

* For full contents and more information, visit: www.routledge.com/9781032109640

2ND EDITION

Sports Finance and Management

Real Estate, Media, and the New Business of Sport, Second Edition



Jason A. Winfree University of Michigan, **Mark S. Rosentraub** University of Michigan, USA, **Brian M. Mills** University of Florida, Gainesville, FL, **Mackenzie Zondlak**

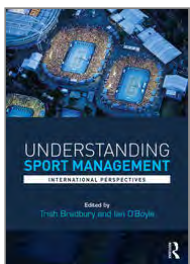
This book takes an in-depth look at the changes in the sports industry, including the interconnecting financial issues that occur when a sports team becomes part of bigger companies, the altered nature of fan loyalty influences by network and Internet footprints, dramatic changes in the design of sports venues to offer new amenities and opportunities for sponsorship that substantially expand the income earned by franchises, and league policies such as revenue sharing, luxury taxes and salary caps.

Taylor & Francis
October 2018 : 504pp
Pb: 978-1-138-34181-4 : £45.99
Hb: 978-1-498-70526-4 : £155
eBook: 978-1-315-11966-3

* For full contents and more information, visit: www.routledge.com/9781138341814

Understanding Sport Management

International perspectives



Edited by **Trish Bradbury** Massey University, New Zealand, **Ian O'Boyle** University of South Australia

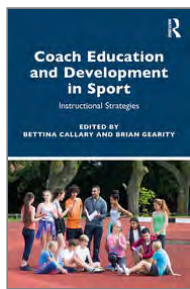
This concise and engaging new textbook offers a complete introduction to core principles and best practice in contemporary sport management. Adopting an issues-based approach and drawing on the very latest research, it demonstrates how theory translates into practice across all the key functional areas of sport management, from governance and leadership to marketing and events. The book explores sport management from an international perspective and at all levels from professional, high-performance sport to non-profit and grassroots. With extended real-world case studies and an array of helpful features in every chapter, this is an essential text for any degree-level sport management course.

Routledge
January 2017 : 312pp
Pb: 978-1-138-10063-3 : £55.99
Hb: 978-1-138-10062-6 : £175
eBook: 978-1-315-65755-4

* For full contents and more information, visit: www.routledge.com/9781138100633

Coach Education and Development in Sport

Instructional Strategies



Edited by **Bettina Callary** Cape Breton University, Canada, **Brian Gearty** University of Denver, USA

This book offers a comprehensive guide to instructional strategies used by world leaders in coach education. Each chapter is written by experienced scholar-practitioners, seamlessly integrating personal experience and insight with current research to show how and why to use an instructional strategy in a specific context that can be adopted or adapted to fit many sport contexts. Covering essential topics such as reflective practice, social learning, online technology, diverse populations and more, the book provides the fundamentals of tried and trusted instructional strategies to develop coaches from youth, club and collegiate sport to elite, professional and Olympic levels.

Routledge
December 2019 : 296pp
Pb: 978-0-367-36734-3 : **£47.99**
Hb: 978-0-367-36732-9 : **£155**
eBook: 978-0-429-35103-7

* For full contents and more information, visit: www.routledge.com/9780367367343

Game-Based Pedagogy in Physical Education and Sports

Designing Rich Learning Environments



Edited by **Jeroen Koekoek** Windesheim Univ of Applied Sciences, Netherlands, **Ivo Dokman** L&Ving, Netherlands, **Wytse Walinga** Windesheim Univ of Applied Sciences, Netherlands

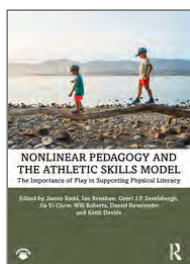
Using a pedagogical concept similar to game-based approaches such as Teaching Games for Understanding (TGfU) and Game Sense, this book explores the teaching and learning of modified games in physical education and sports. It includes examples of innovative games designed to create a rich learning environment. Game-Based Pedagogy in Physical Education and Sports is a vital read for students of physical education teacher education (PETE), sport coaching and sports pedagogy. It is also a valuable resource for physical educators and coaches.

Routledge
October 2022 : 340pp
Pb: 978-0-367-74028-3 : **£39.99**
Hb: 978-0-367-74030-6 : **£140**
eBook: 978-1-003-15578-2

* For full contents and more information, visit: www.routledge.com/9780367740283

Nonlinear Pedagogy and the Athletic Skills Model

The Importance of Play in Supporting Physical Literacy



Edited by **James Rudd**, **Ian Renshaw** Queensland University of Technology, Australia, **Geert Savelsbergh**, **Jia Yi Chow** National Institute of Education, Singapore, **Will Roberts**, **Daniel Newcombe**, **Keith Davids** Sheffield Hallam University, UK

Nonlinear Pedagogy and the Athletic Skills Model examines contemporary pedagogical approaches, such as constraints-led teaching, nonlinear pedagogy and the athletic skills model, which are underpinned by the theoretical framework of ecological dynamics. It is suggested that through careful design, these models aimed at children, as well as young athletes, can (i) encourage and facilitate physical activity and motor learning in children of different ages, providing them with the foundational skills needed for leading active lives; and (ii), develop young athletes in elite sports programmes in an ethical, enriching and supportive manner.

Routledge
June 2021 : 194pp
Pb: 978-0-367-89461-0 : **£45.99**
Hb: 978-0-367-45794-5 : **£155**
eBook: 978-1-003-02537-5

* For full contents and more information, visit: www.routledge.com/9780367894610

2ND EDITION

Nonlinear Pedagogy in Skill Acquisition

An Introduction



Edited by **Jia Yi Chow** National Institute of Education, Singapore, **Keith Davids** Sheffield Hallam University, UK, **Chris Button** University of Otago, New Zealand, **Ian Renshaw** Queensland University of Technology, Australia

The second edition includes new materials, of practical, theoretical and empirical relevance, to enhance understanding of how to implement a Nonlinear Pedagogy to support learning in sport, PE and physical activity. There is an in-depth discussion on the various pedagogical principles that support Nonlinear Pedagogy and how these principles are applicable in learning designs in sports and physical education. There is further emphasis on examining how transfer of learning is implicated in practice, highlighting its relevance on skill adaptation and talent development.

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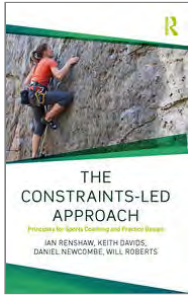
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