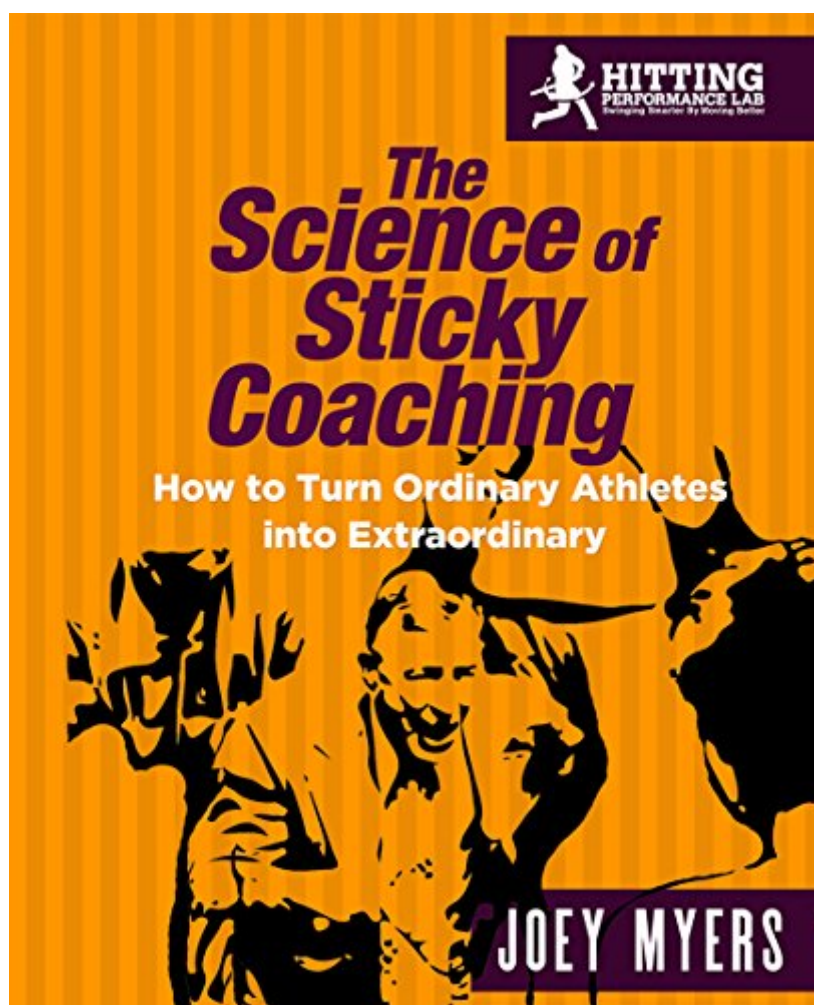


The book was found

# Science Of Sticky Coaching: How To Turn Ordinary Athletes Into Extraordinary



## Synopsis

Discover How-To Teach, What to Teach, and How Athletes Optimally Learn By Doing What the Top 1% of Coaches Do

This The Science of Sticky Coaching: How to Turn Ordinary Athletes into Extraordinary book is split up into three sections:

1. **KNOWLEDGE** - (How-To Teach, Doing Things Right, and Effectiveness): equipping inexperienced coaches, parents, and organizational leaders on how to effectively run their associations and teams,
2. **LEARNING** - (How they learn) the science of successful learning, optimizing how young athletes acquire new skills, and maintaining a rich soil for learning, and
3. **DEVELOPMENT** - (What to teach, Doing the Right Things, and Efficiency): training crucial fundamentals like playing catch, opposite field hitting, and throwing strikes and locating pitches.

After surveying tens of thousands of my email subscribers, specific thorn-in-the-side frustrations for coaches coaching Little League and 12u softball kept coming up. So this book is an attempt to address all these frustrations using science and what the top 1% of coaches are doing to handle them.

## Book Information

File Size: 1422 KB

Print Length: 136 pages

Page Numbers Source ISBN: 1542860032

Publication Date: January 29, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01MTEQ5QR

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #257,251 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Baseball #76 in Books > Sports & Outdoors > Coaching > Baseball

## Customer Reviews

As a current high school and former youth baseball coach I have to say that this book should be **REQUIRED** reading for anyone who is currently coaching or planning on coaching at ANY level of

the game. The book is broken down really well into three main sections: KNOWLEDGE (how to teach, doing things right, and effectiveness), LEARNING (how they learn), and DEVELOPMENT (what to teach, doing the right things, and coaching efficiency). Although there are many scientific aspects to the book, it does a great job of keeping things easy to understand by providing relevant examples within the game. I've seen a LOT of coaches over the years who could really use this book because IT'S ALL ABOUT WINNING to them. This book will help you develop ALL players on and off the field. It's about teaching the game the right way, building CHARACTER not a REPUTATION, respecting authority, and making the game of baseball FUN again for everyone on your team.

I first started following Joey Meyers to get his insights on hitting mechanics via his Catapult Loading System and really appreciated the style and information he brought to his teachings. However teaching style isn't enough if the content isn't good and this is where I have been most impressed with Mr. Meyers, the measured improvements our hitters have made (thanks Zepp) has been quite remarkable. That effectiveness and a frustration with what felt like player improvement stalls caused me to pick up this book and see what Joey's principals to coaching were all about. There are some "how to's" in the book however what I found most helpful where the "why to's" as this reasoning can get lost in the heat of competition over time. Joey doesn't reinvent the wheel in this book but rather aggregates together approaches from great coaches throughout history. There are very few people that get into coaching our youth for the wrong reasons, this book takes those good intentions and provides both tools and principals to build your team/program on a strong foundations of trust and accountability. If you are looking for a foundation to build explosive hitters check out Joey's hitting approach. If you are a coach that is stuck in routine, becoming frustrated with a developmental stall, or if you are humble enough to realize you need to keep working on your craft then The Science of Sticky Coaching is a great place to start.

Good quick read to quickly allow someone to jump into coaching realm, whether coach of a team or more importantly as a parent of an athlete. Nicely broken up into small points for easy good-looking able to jump back and forth to specific areas quickly. Provides additional resource locations for further information if desired. Worth it.

Quick read, with just enough insight. I am always looking for ways to improve my hitting for my HS team and private clients. This is and Joey's other books/courses are a must if you want to be in the

forefront of teaching hitting....no teaching great hitting. This is a must for youth coaches and parents.

The title describes the book very well. Joey has broken the book down into smaller aspects that will stick with you and your coaching. It's worth the investment. Section 3, Chapter 3 is particularly important for keeping everything in perspective. Jason Schmiedge

Everything you need to know about coaching and the science behind it! Great gems such as training ugly and variance training produces amazing results. Learn how to effectively communicate with players and how to embrace failure. A must for both parents and coaches. Great job Joey.

This book gives great information on how to be a better positive coach for youth sports. Gives a lot of insight into how to do a better job of making a connection with your players and how to coach in a way so players can get the most out practice.

I've been coaching girls travel softball for about 20 years... I wish I had this book at the beginning of my career!!

[Download to continue reading...](#)

The Science Of Sticky Coaching: How To Turn Ordinary Athletes Into Extraordinary Science Of Sticky Coaching: How To Turn Ordinary Athletes Into Extraordinary Yuck! Icky, Sticky, Gross Stuff in Your Garden (Icky, Sticky, Gross-Out Books) The Fred Factor: How Passion in Your Work and Life Can Turn the Ordinary into the Extraordinary Coaching Youth Baseball: The Guide for Coaches, Parents and Athletes (Betterway Coaching Kids) My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets into ... Slicer! (Vegetable Spiralizer Cookbooks) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4) LeBron James (3rd Revised Edition) (Amazing Athletes) (Amazing Athletes (Paperback)) Alex Morgan

(Amazing Athletes) (Amazing Athletes (Paperback)) Gutsy Glorious Life Coach: How to Turn Your Life Coaching Practice into a Soulful Money-Making Business Christian Coaching, Second Edition: Helping Others Turn Potential into Reality Painting Beautiful Watercolor Landscapes: Transform Ordinary Places into Extraordinary Scenes The Starbucks Experience: 5 Principles for Turning Ordinary Into Extraordinary (Business Books) Cookie Love: More Than 60 Recipes and Techniques for Turning the Ordinary into the Extraordinary The Physics of Everyday Things: The Extraordinary Science Behind an Ordinary Day The Art of Coaching Young Athletes (Urban Heritage Press) Ordinary People Change the World Gift Set (Ordinary People Change World)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)