

Adventure Sports Coaching

Adventure Sports Coaching was the first book to link contemporary sports coaching science with adventure sports practice and examine 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, and explore 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 developed over the last ten years. The book covers major topics such as - Skill acquisition and skill development - Models of learning and teaching - Performance analysis - Tactics and decision making - Training principles - Mental skills techniques - Goal setting and progression - Risk management Each chapter contains applied examples from a range of adventure sports, including mountaineering, rock climbing, canoeing, kayaking, surfing and winter sport, as well as practical coaching techniques and a guide to further reading. Written by a team of authors with wide experience in coaching, teaching, researching and high-performance participation in adventure sports, this book is invaluable reading for any student or practitioner with an interest in adventure, outdoor education, sports coaching or lifestyle sport.

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63,50 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781032779942

Medium: Buch

ISBN: 978-1-032-77994-2

Verlag: Routledge

Erscheinungstermin: 24.12.2025

Sprache(n): Englisch

Auflage: 2. Auflage 2025

Produktform: Kartoniert

Gewicht: 413 g

Seiten: 280

Format (B x H): 152 x 229 mm

