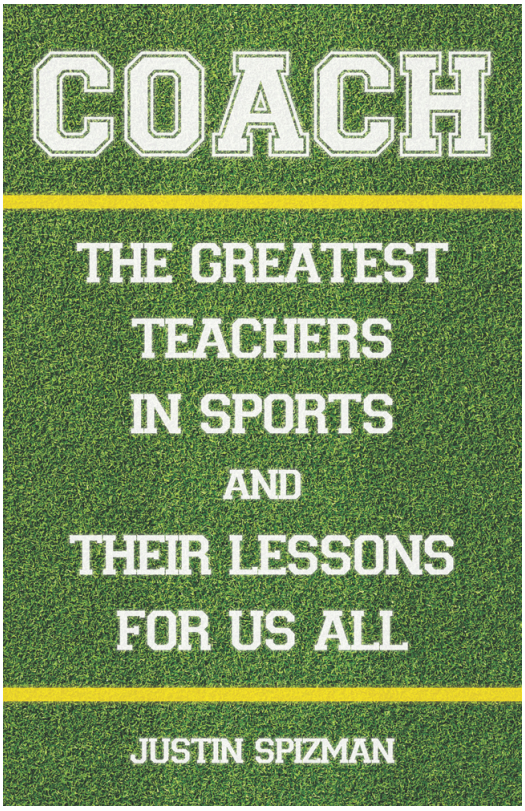
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Coach

The Greatest Teachers in Sports and Their Lessons for Us All

Justin Spizman

ISBN	9780789270184
Publisher	Abbeville Press
Binding	Hardback
Territory	World excluding USA, Canada, Puerto Rico, and Australia
Size	216 mm x 140 mm
Pages	560 Pages
Price	£19.99

- Every great sports coach is a life coach. A dynamic young sportswriter profiles 150 outstanding coaches who have much to teach us about optimising our performance, our character, and our lives

Coaches are critical to achieving top performance from individual athletes and teams. ***Coach*** profiles the 150 most successful of them—in every major sport—providing ample biographical background but lasering-in on their most teachable ideas and methods. Rich in quotations, each profile ends with a list of lessons that readers can apply not only to the sports they love but also to their own lives and careers.

Profiles range from Béla Károlyi (who coached 9 Olympic and 15 world champion gymnasts), to Bill Belichick (the take-no prisoners coach of the Boston Patriots), to Pat Summitt (who racked up 1,098 wins as coach of the University of Tennessee Lady Vols basketball team from 1974 to 2012), to Marian Vajda (the coach behind tennis phenom Novak Djokovic).

Guided by the numbers—for all competitive sports keep score—this book finds the teachable moments, settling some arguments while starting others, in delineating the lives and careers of coaches who win with brains, heart, and the force of character.

Justin Spizman is an award-winning, best-selling author who has collaborated with five-time Heavyweight Boxing Champion Evander Holyfield, NCCA Championship–winning basketball coach Jim Valvano, former Denver Broncos GM Ted Sundquist, and sports agent Molly Fletcher ("the female Jerry Maguire"), among others

Published 4th May 2022