

(Inside cover – description of VBC from web site)

Table of Contents

Foreword by Ron Tugwell

Purpose of this Book

- 1) Helping you become a better coach
- 2) Vision of a Positive Youth Sports Culture

- I Setting the Table for a Successful Season
 - 1) VBC/ PCA Partnership
 - 2) Your Role as a Coach- A Positive Approach
 - 3) “The Way We Do Things Here.”
- II Connecting with Kids
 - 1) Creating a Coachable Player
 - 2) Connecting with Kids
 - 3) Dealing with Behavior Problems
- III The Mastery Orientation for Improving
 - 1) Tools to teach improvement
 - 2) Mastery Orientation
- IV Forming a Coach-Parent Partnership
- V Take the Coaches Challenge
- VI Stages of Development and Goals for Achievement
- VII Practice Organization
- VIII Specific Skill Development by Position (including mental aspects)
- IX More Practice Tips
- X Transition to 90’ Diamond
- XI Other Resources – Continuing to become a better coach.

(Inside back cover – “A gift for my son”)

(Back Cover – Authors bios and photos, quotes from local youth league presidents)