



Catch Them Being Good: Everything You Need to Know to Successfully Coach Girls

By Tony DiCicco, Colleen Hacker, Charles Salzberg

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This guide to coaching female athletes of all ages shows how to build a team and provides invaluable advice on the differences between coaching males and females. The authors include exercises that foster teamwork and develop essential skills. They also answer parents' most common questions, such as how to tell if the coach is doing a good job and what to do if a child wants to quit. Filled with stories about the Olympic and World Cup championship teams, this useful handbook is infused throughout with DiCicco's philosophy that at every level playing soccer (or any sport) is about "playing hard, playing fair, playing to win, and having fun."

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Editorial Review

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DiCicco coached the U.S. Women's National Soccer Team to victory in the 1996 Olympic Games in Atlanta. Hacker is a psychology consultant for the team. They join their expertise in this accessible, useful guide for coaches at all levels. Primarily written in DiCicco's enthusiastic voice that's straight off the sports field, the book's practical advice includes insight on coaching girls and women (forget the outdated intimidation tactics used by many famous coaches for men); forming a team, making cuts and nurturing exceptional players; criticizing and motivating effectively; working with parents; and evaluating one's own coaching performance. Throughout, Hacker offers clear, helpful ideas for team-building exercises, while DiCicco follows with companion training workouts. Most of the examples focus on soccer, but coaches of all sports will learn a great deal from this straightforward guide based on impressive experience. Also suggest Hannah Storm and Mark Jenkins' *Go Girl! Help Your Daughter Be Healthy, Confident and Successful by Playing Sports* [BKL My 1 02]. *Gillian Engberg*

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Review

"An invaluable tool for coaches of all levels." (Michelle Akers, Two-Time World Cup Champion, Olympic Gold Medalist, and FIFA Player of the Century)

About the Author

Tony DiCicco coached the U.S. Women's National Soccer Team to the Gold Medal in the 1996 Olympic Games in Atlanta and the World Cup Championship in 1999. He is currently the commissioner of the Women's United Soccer Association.

Dr. Colleen Hacker is the sport psychology consultant for the U.S. Women's National Soccer Team and a professor at Pacific Lutheran University in Tacoma, Washington.

Charles Salzberg is a magazine journalist and the author of more than fifteen books.

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Mark Adair:

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