



Development of Technique & Tactical Skill: A practical guide for coaches, parents & athletes

Luis Preto

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SUCCESSFUL SPORTS TEACHING MADE EASY ... because everyone deserves a great sport experience!

A practical system from a coach to coaches, parents & trainees

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This book bridges the gap between sports teaching scientific research & the practical day-to-day work of teaching sport skills.

Better yet, it makes teaching uncomplicated by sharing **great insight into:**

1. What makes up movement software
2. How motor skills are developed as an adaptation to opponent's traits, game rules & one's body image
3. The optimization of the psychological variables that influence performance

All culminates in a **teaching system that optimizes:**

- Motivation
- Concentration
- Coordination
- Memorization
- Transfer from drills to game performance

These topics are covered by sharing both concepts and real world teaching applications ...

... and in a such straight forward that reading this book easily fits anyone's busy schedule.

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