



# **I segreti dell'esser coach -agevole manuale per aspiranti coach sportivi (Italian Edition)**

*Vanni Peluso Cassese*

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Questo manuale tenta di supplire alla vistosa carenza di informazioni, che agli allenatori di sport di squadra vengono impartite nell'area delle competenze necessarie a gestire uomini e squadre.

Infatti per l'aspirante coach non sarà tanto dominante la quantità e la qualità del sapere tecnico-tattico-atletico, quanto la capacità di comunicarlo ai propri giocatori, la bravura nel convincerli a sposare le proprie metodologie di allenamento e le scelte dei sistemi di gioco, l'abilità nel gestire problemi, l'efficacia nel saper motivare.

Il vocabolo coach corre parallelo a quelli di comunicatore e motivatore.

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