



# **Coaching Better Every Season: A year-round system for athlete development and program success**

*Wade Gilbert*

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Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. *Coaching Better Every Season: A Year-Round System for Athlete Development and Program Success* presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season.

The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches.

*Coaching Better Every Season* applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

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