



Self - Efficacy in Sport: Research and strategies for working with athletes, teams, and coaches

Deborah L. Feltz, Sandra Short, Philip Sullivan

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Athletes, fans, coaches, and sport psychologists all know the power of self-efficacy in sport. With this new book, students, researchers, and practitioners now have a go-to reference on efficacy research packed with psychological strategies for helping athletes, teams, and coaches overcome specific weaknesses. *Self-Efficacy in Sport*—the first book devoted entirely to this important topic—compiles over 30 years of burgeoning self-efficacy research into a comprehensive and up-to-date analysis.

Self-Efficacy in Sport is written by Dr. Deborah Feltz, who has spent more than 30 years researching the relationship between efficacy and performance in sport. The book is coauthored by two of Feltz's prominent former students who have established research careers in their own right. The book introduces theory-based and research-tested guidelines and recommendations for designing, implementing, and evaluating interventions to improve self-efficacy, yet it remains easy for readers to find research and interventions that fit their needs. An annotated bibliography allows readers to quickly and critically evaluate all the self-efficacy research cited in the book, which prevents this text from becoming simply a long literature review. Practitioners will be able to put research into practice to serve clients, and students and researchers will be challenged to think critically about the subject and chart the course for new directions in research.

The clearly organized reference breaks down self-efficacy research and implementation into three key areas: individual athletes, teams, and coaches. **Part I** examines the conceptual nature of efficacy beliefs and their place in sport psychology. **Part II** explains what is known about self-efficacy, collective efficacy, and coaching efficacy—and why they are vital in sport. **Part III** translates research into strategy by offering practical advice for efficacy interventions, and it summarizes current critical issues and focuses on future directions.

Self-Efficacy in Sport contains the following unique features that will engage readers in the material:

- Chapter summaries tie content together and reinforce the real-world application of concepts.
- A comprehensive annotated bibliography of influential research studies guides readers in further study and provides a background for important research.
- A chapter on future directions of study ensures readers are up to date on established topics and emerging trends.

Self-Efficacy in Sport is a must-have reference for researchers as well as students and instructors in this evolving area. Practitioners will be able to use the information, especially the direct applications, to discover research that translates into strategy.

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