



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.

REVIEWS

“I met Wade at a USOC coach education seminar, and was immediately impressed by his knowledge of what it takes to coach at a championship level. His cycle for continuous excellence and many of his other insights and recommendations ring true to my experience and teachings throughout my career. *Coaching Better Every Season* has just become more possible for any coach who reads and applies the wisdom and best practices found in this book.”

—Anson Dorrance, Head Coach University of North Carolina Women’s Soccer Team, 22-Time NCAA National Champions

“The best sport programs have a solid plan for success and follow that winning formula consistently each year. *Coaching Better Every Season* is a blueprint for building just such a structure for success that coaches can apply and adapt to their specific sport and personnel. Wade Gilbert’s season-by-season guide is a great tool for any coach who is willing to ask “What can I improve?” and who is then willing to take the steps to do so. At YSU our motto is *Macte virtute*, a Latin phrase that commands us to increase excellence. With Wade’s book, you can do just that.”

—Jim Tressel, President, Youngstown State University, Five-Time National Champion Football Coach

“I first heard Wade speak about quality coaching at the Hockey Hall of Fame. The message he shared that day, summarized in this impressive book, is a proven approach to building better athletes and programs. I highly recommend coaches at all levels of sport read this book and apply Wade’s strategies in their coaching.”

—Greg Schell, Coordinator of Hockey Development, Toronto Maple Leafs Hockey Club

“If you are satisfied with your quality of coaching, Wade Gilbert’s book, Coaching Better Every Season, is not for you. However, if you are like my former coach John Wooden, who improved his coaching every year until his retirement, this book will be most valuable, as it will provide a roadmap for your passionate pursuit of perfection.”

—Sven Nater, Author, Former UCLA, NBA, and ABA basketball player

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