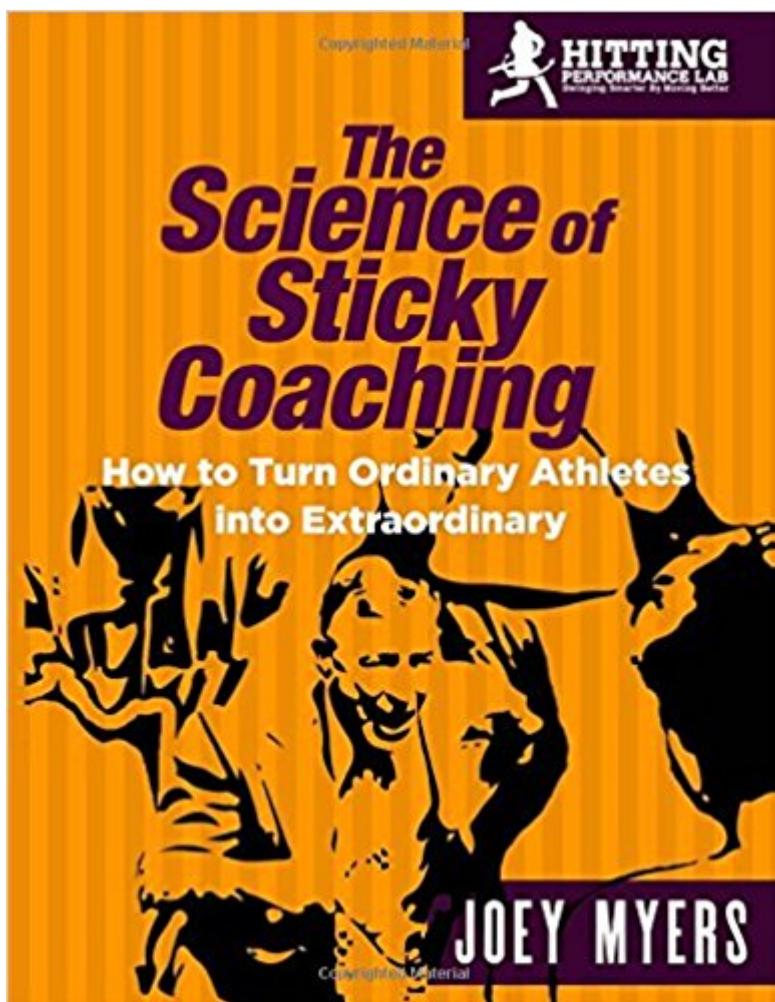


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# The Science Of Sticky Coaching: How To Turn Ordinary Athletes Into Extraordinary



## Synopsis

Discover How-To Teach, What to Teach, and How Athletes Optimally Learn By Doing What the Top 1% of Coaches Do This The Science of Sticky Coaching: How to Turn Ordinary Athletes into Extraordinary book is split up into three sections: 1. KNOWLEDGE - (How-To Teach, Doing Things Right, “Effectiveness”): equipping inexperienced coaches, parents, and organizational leaders on how to effectively run their associations and teams, 2. LEARNING “(How they learn) “ the science of successful learning, optimizing how young athletes acquire new skills, and maintaining a rich soil for learning, and 3. DEVELOPMENT - (What to teach, Doing the Right Things, “Efficiency”): training crucial fundamentals like playing catch, opposite field hitting, and throwing strikes and locating pitches. After surveying tens of thousands of my email subscribers, specific thorn-in-the-side frustrations for coaches coaching Little League and 12 years old softball kept coming up. So this book is an attempt to address all these frustrations using science and what the top 1% of coaches are doing to handle them.

## Book Information

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## Customer Reviews

My Name is Joey Myers, and I’m the founder of the Hitting Performance Lab. I played 4 years of Division-1 baseball at Fresno State from 2000-2003. I’m a member of the American Baseball Coaches Association (ABC), the International Youth and Conditioning Association (IYCA), and the Society for American Baseball Research (SABR). I’m also partnered with the Positive Coaching Alliance (PCA). I’m a certified Youth Fitness Specialist (YFS) through the International Youth Conditioning Association (IYCA), Corrective Exercise Specialist (CES) through the National Academy of Sports Medicine (NASM), and Vinyasa yoga instructor AND, I’m also certified in

the Functional Muscle Screen (FMS). I've spent 11+ years in the corrective fitness field, and have a passionate curiosity to help other players "just like yours" "dramatically improve performance through the science of human movement.

As a current high school and former youth baseball coach I have to say that this book should be REQUIRED reading for anyone who is currently coaching or planning on coaching at ANY level of the game. The book is broken down really well into three main sections: KNOWLEDGE (how to teach, doing things right, and effectiveness), LEARNING (how they learn), and DEVELOPMENT (what to teach, doing the right things, and coaching efficiency). Although there are many scientific aspects to the book, it does a great job of keeping things easy to understand by providing relevant examples within the game. I've seen a LOT of coaches over the years who could really use this book because IT'S ALL ABOUT WINNING to them. This book will help you develop ALL players on and off the field. It's about teaching the game the right way, building CHARACTER not a REPUTATION, respecting authority, and making the game of baseball FUN again for everyone on your team.

I first started following Joey Meyers to get his insights on hitting mechanics via his Catapult Loading System and really appreciated the style and information he brought to his teachings. However teaching style isn't enough if the content isn't good and this is where I have been most impressed with Mr. Meyers, the measured improvements our hitters have made (thanks Zepp) has been quite remarkable. That effectiveness and a frustration with what felt like player improvement stalls caused me to pick up this book and see what Joey's principals to coaching were all about. There are some "how to's" in the book however what I found most helpful where the "why to's" as this reasoning can get lost in the heat of competition over time. Joey doesn't reinvent the wheel in this book but rather aggregates together approaches from great coaches throughout history. There are very few people that get into coaching our youth for the wrong reasons, this book takes those good intentions and provides both tools and principals to build your team/program on a strong foundations of trust and accountability. If you are looking for a foundation to build explosive hitters check out Joey's hitting approach. If you are a coach that is stuck in routine, becoming frustrated with a developmental stall, or if you are humble enough to realize you need to keep working on your craft then The Science of Sticky Coaching is a great place to start.

Good quick read to quickly allow someone to jump into coaching realm, whether coach of a team or

more importantly as a parent of an athlete. Nicely broken up into small points for easy good-looking able to jump back and forth to specific areas quickly. Provides additional resource locations for further information if desired. Worth it.

Quick read, with just enough insight. I am always looking for ways to improve my hitting for my HS team and private clients. This is and Joey's other books/courses are a must if you want to be in the forefront of teaching hitting....no teaching great hitting. This is a must for youth coaches and parents.

The title describes the book very well. Joey has broken the book down into smaller aspects that will stick with you and your coaching. It's worth the investment. Section 3, Chapter 3 is particularly important for keeping everything in perspective. Jason Schmiedge

Everything you need to know about coaching and the science behind it! Great gems such as training ugly and variance training produces amazing results. Learn how to effectively communicate with players and how to embrace failure. A must for both parents and coaches. Great job Joey.

This book gives great information on how to be a better positive coach for youth sports. Gives a lot of insight into how to do a better job of making a connection with your players and how to coach in a way so players can get the most out practice.

I've been coaching girls travel softball for about 20 years... I wish I had this book at the beginning of my career!!

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