

"Better Coaching Every Season" by Wade Gilbert*

***... an internationally renowned coaching consultant and sport scientist and an award-winning professor in the Department of Kinesiology at California State University – Fresno.**

- holds degrees in physical education, human kinetics, and education, and has taught and studied coaching and talent development at the University of Ottawa, University of California – Los Angeles (UCLA), and Fresno State.
- **author** of the highly acclaimed book **Coaching Better Every Season** and Editor Emeritus of the International Sport Coaching Journal.
- Recognitions: of his contributions to the field include the
 - Dorothy V. Harris Memorial Award from the Association for Applied Sport Psychology,
 - the Kristen Marie Gould Endowed Lecture on Sport for Children and Youth at Michigan State University, and the
 - Cal Botterill Legacy Lecture at the University of Winnipeg.
- ...a long-time advisor to the United States Olympic and Paralympic Committee (USOPC) Coach Education Department and is the lead author of the USOPC Quality Coaching Framework.
- ...counseled coaches and sport organizations around the world spanning all competitive levels and in every sport imaginable including groups such as **US Soccer, the Texas Rangers, Hockey Canada, USA Water Polo, US Ski & Snowboard, Softball Canada, Irish Rugby, Cricket Australia, the International Ice Hockey Federation, and World Wrestling Entertainment.**
-currently also serves as the mental performance coach for the Canadian Women's Softball team that will be competing in the Tokyo 2021 Summer Olympics.

Successful Coaches' Views on Sport Sampling (as opposed to sport specialization). From Coaching Better Every Season pg 114 – Figure 5.3

**Nick Saban: five-time national champion football,
Un. Of Alabama**

"I see mistakes of tunnel vision especially in youth sports. Instead of letting kids play three or four sports all the way through high school, parents are encouraging or forcing their kids to pick one sport as young as 7 or 8! The rationale is that for them to be successful at that sport, they need to concentrate on it as early as possible. But if a young person plays various sports, he or she actually develops more skills and is exposed to more competitive situations, which later can affect development in a positive way."

**Tom Corbin, 2014, national championship baseball coach,
Un of Vanderbilt**

"I don't like it (early specialization). When a young man or woman invests all their time in one sport there is a feeling that they develop more in that spot. I think there are both mental and physical issues with that. I think kids get stale. There are some overuse and injury issues. Developing athletic skills is paramount no matter what sport you are doing. So I'm of the opinion of really, really branching out. I always tell parents, 'let your kids play other sports and they'll develop. I don't like the pressure we put kids in to specialize in one sport. I think it hinders their growth'."

**Dom Starsia, 4-time national championship lacrosse coach,
Un of Virginia**

"My trick question to young campers is always, **"How do you learn the concepts of team offence in lacrosse or team defense in lacrosse in the off season when you are not playing with your team?"** The answer is by playing basketball, hockey, and soccer and those other team games. Many of the principles are the same. Probably 95% of our players are multiple sport players. It is always a bit strange to me if somebody is not playing other sports in high school."

**Pete Carroll, two-time national championship coach football (USC) &
super bowl champion coach, Seattle Seahawks**

"The first question I ask about a kid is **"What other sports does he play? What does he do? What are his positions? Is he a big hitter in baseball? Is he a pitcher? Does he play hoops?"** All of those things are important to me. I hate that kids don't play three sports in high school. I think that they should play year-round and get every bit of it that they can through that experience. I really, really don't favor kids having to specialize in one sport."