

## BOOK REVIEW: `TRUE COMPETITION`.

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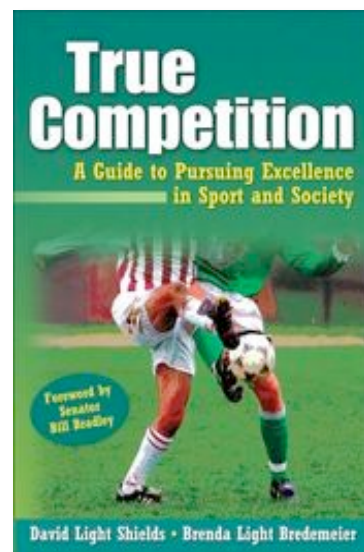
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As a tennis coach I have heard both ends of the spectrum with regard to the value of competition for children. From the extreme of “competition is the best possible thing for kids” to the extreme of “competition is the worst possible thing for kids” But until just recently I had never seen, heard or read an in depth and scholarly examination of the issues. Not until I got my hands on a new book from Human Kinetics entitled `TRUE COMPETITION`.

This book deals extensively with the various possible approaches to coaching, in ways which I think you will find both interesting and illuminating.

It contains much sound advice that coaches of all sports would do well to take on board, such as:

***To help create a mastery climate, leaders must reframe the concept of making mistakes. Typically, we think of making a mistake as an occasion for embarrassment, a signal of incompetence. Most learners tend to view mistakes as negatives to be avoided. A very important part of unleashing the power of effort is to reframe mistakes as opportunities. They are to be welcomed. In all learning processes, mistakes are common and a natural consequence of trying hard to master something new.***



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**TO PURCHASE THIS HIGHLY RECOMMENDED BOOK FROM THE EVER RELIABLE HUMAN KINETICS, PLEASE GO TO [www.humankinetics.com](http://www.humankinetics.com).**

***Dozens of studies have clearly demonstrated that most people, under most competitive circumstances, will experience some form of negative emotion or outcome. So the question arises: When will contesting be helpful and enjoyable, and when will it be harmful? That's the central question of this book. Read on!***