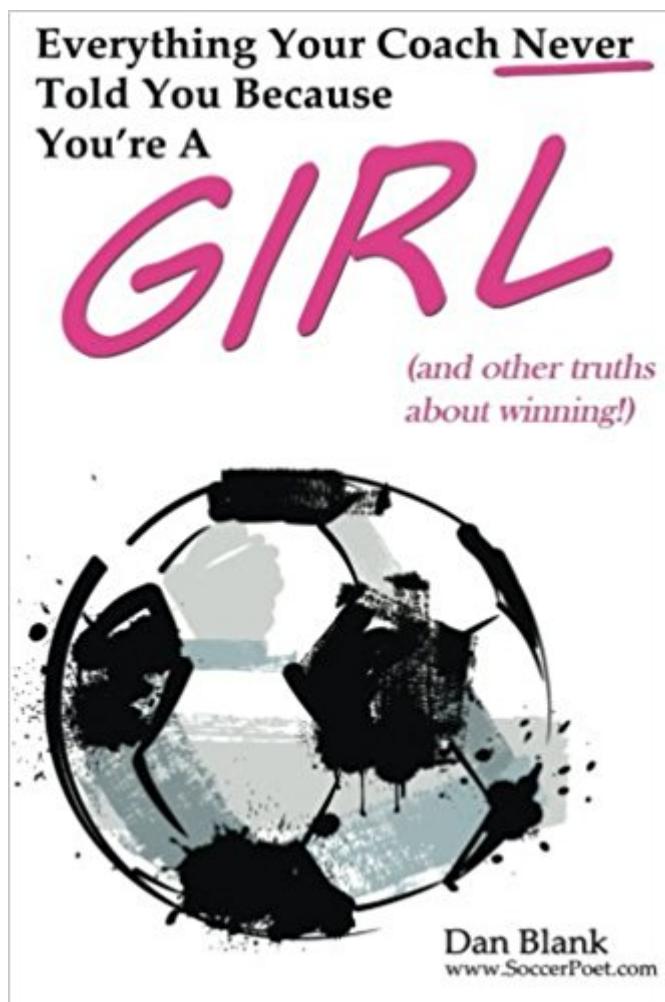


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# Everything Your Coach Never Told You Because You're A Girl: And Other Truths About Winning



## **Synopsis**

This is what your coaches would have said to you if you were a boy, told through the story of a small-college team that won more games than it ever had a right to win. It's an inspiring and straightforward look at the qualities that define the most competitive females, and what separates the ones who get it from the ones who don't. *Everything Your Coach Never Told You* is the instruction manual for female athletes who want to do more than just play. It's for those girls who want to win, win big, and never apologize for it. It's the call-to-arms for competitive female athletes who dare to color outside of the lines. Not recommended for readers under the age of 13.

## **Book Information**

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## **Customer Reviews**

Over this past summer, I purchased this book along with several other Dan Blank books. Much like his other works, "Everything Your Coach Never Told You Because You're A Girl" offers a straight forward approach to looking at the sport of soccer and more specifically what it takes to compete at a high level in athletics. As a former college women's soccer player, I found myself possessing many of the traits outlined in this book, which I believe was due to having coaches who did not look at me as a female, but rather as an athlete. Now as a college women's soccer coach, I am witnessing that our players are struggling with grasping the idea that it is okay to compete every day or feel that they are in the minority for having such a mentality. Thus, I recently purchased this book for all of the players in our program so that they can see tangible examples of gaining a mental edge by being a competitor and a winner. That is truly what separates the top level players from average players and in turn top level programs from average programs. Ultimately, this book is a great read.

for high school and college coaches along with older female athletes who have the dream of playing at a high level.

Excellent book with a perspective like no other. As a high school girls' soccer coach, I've read tons of books and articles on the topic of coaching women/girls. This book offers a unique perspective that I have not seen in any of those other books. I started using the ideas/concepts right away with my team and I intend to encourage my players to read the book. This book is invaluable for any female athlete and coach of female athletes.

Although it's aimed at female soccer players, the principles in this book apply to anyone who wants to know what it really takes to win. I initially picked it up because the title was interesting but I ended up highlighting a bunch of parts that I feel are applicable to anyone who wants to succeed in competition. If you're interested on getting a unique perspective on just what it takes to be a consistent winner, buy this book.

This book is amazing. I have coached boys for years and was recently hired to coach high school girls soccer for the first time. In order to prepare for the upcoming season (we play in the spring), I desperately sought material that would help me get into the mindset of the female athlete and to raise my awareness of issues that I haven't had to deal with so far. This book delivered well beyond that to the point where it is the single greatest coaching text that I have EVER read. The material is definitely applicable to female athletes, but so much of it can be applied to males as well. Even though it was written about soccer players, the concepts discussed are universal to all sports - and even to life in general. I could not put it down. I have already started recommending it to my fellow coaches and even my athletes. It really sets the stage for a winning mentality.

This is not a book for everyone. As a coach I really love it however some parents will not want their daughters to act in the way some of the players in stories act. That being said I gave it a 5 star because it isn't for every player. It is for the players that really want to compete and be a great player.

I've read several of Coach Blank's books and this one is my favorite; I even liked it more than Soccer IQ. In this book, Coach Blank explains how female athletes can take on the same winning mindset that male athletes often display. But it's not just about winning. It's about playing your

hardest and trying your best every time you step onto the field for practice or a game, regardless of the circumstances. Athletes at the junior high level and beyond, both female and male, can benefit from this book by improving the mental aspect of their game. Coaches can learn how to promote a competitive culture in their program and get the best effort from their players. This book is well worth the kindle price and was so inspiring that I had to purchase the print version to review and share with fellow coaches!

I bought this because I couldn't find a digital version of Dorrance's Training Soccer Champions. And I was NOT disappointed!! I coach high school girls and have been frequently frustrated by girls who had all the talent to be exceptional, but couldn't seem to 'get there'. This book inspired several things that I'd like to add in to our program to help them embrace the competitive nature of the game.

Great book. It's meant for girls but easily could be applied to boys as well. Makes you understand that great athletes and teams are just not given that title but earn it off the field and with hard work. Many kids today want the easy gratification and see the highlights on ESPN but don't realize the hard work that goes into being great athlete or for that matter a great person.

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