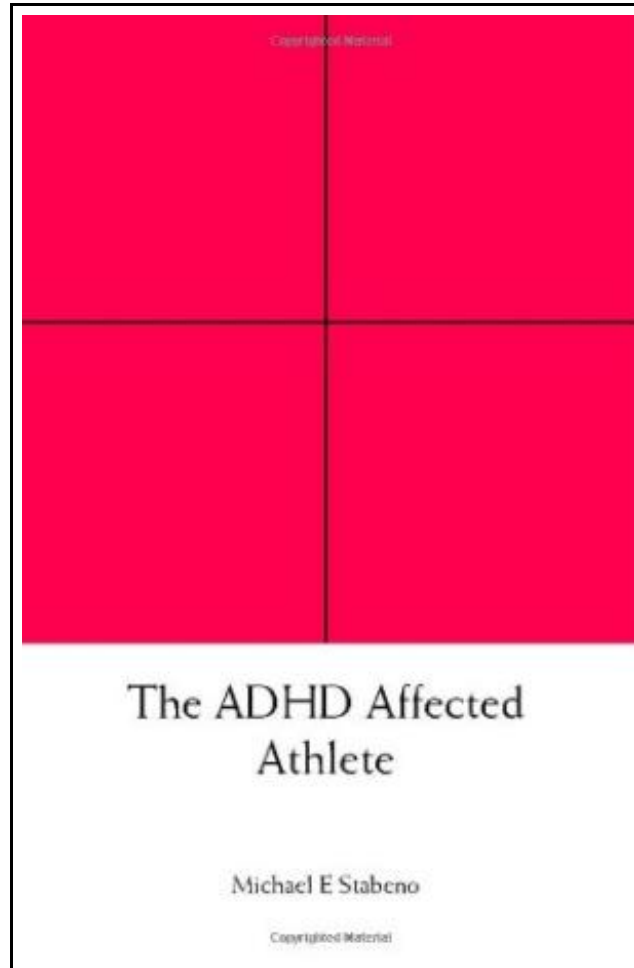


## The ADHD Affected Athlete



Filesize: 8.52 MB

### ***Reviews***

*This pdf is fantastic. It really is basic but shocks inside the 50 % in the pdf. I realized this pdf from my i and dad encouraged this pdf to discover.*

***(Hunter Witting)***

## THE ADHD AFFECTED ATHLETE



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Trafford Publishing, Canada, 2006. Paperback. Book Condition: New. 213 x 135 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Considering today s high level of interest in ADHD, it is surprising there are no books specifically aimed at ADHD Affected Athletes, until now. This book explains how ADHD affects athletes, coaches and parents. The author treats ADHD not as a liability to athletics, but as an asset that can be developed. He examines how good coaches can easily make the wrong assumption about ADHD athletes. The author also examines which sports, positions and styles provide the ADHD Affected Athlete with the greatest opportunity to succeed as an athlete. This book is full of examples and suggestions that will help anyone better understand the condition and how to help ADHD Affected Athletes reach their athletic potential. In a classic catch 22 scenario, where would a baseball coach typically play someone who isn t paying attention or seems distracted? The coach will play that person where the least amount of action occurs. And in baseball (or softball) that is right field. Yet, because nothing happens in right field the ADDer becomes even less interested in the game and the sport in general. It also includes sections on the effect of ADHD medications on the athlete and a section for parents of ADHD Affected Athletes.



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