

Contents

<i>List of figures</i>	<i>ix</i>
<i>List of tables</i>	<i>x</i>
<i>Preface</i>	<i>xi</i>
<i>Acknowledgements</i>	<i>xiv</i>
1 Introduction	1
2 Team planning, effectiveness, and growth	7
3 Team working	20
4 Performance environment and culture	27
5 Roles, team functioning, and team performance	43
6 Developing effective team communication	55
7 Cohesion in sport	72
8 Motivation and collective efficacy	86
9 Managing emotions within the team	102
10 Momentum in sports	118
11 Team leadership	134

viii *Contents*

12	Team resilience	150
13	Team tactics and decision-making	161
	<i>References</i>	173
	<i>Index</i>	208