

The book was found

Coaching Youth Track & Field



Synopsis

Coaching Youth Track & Field stresses fun, safety, and effective instruction, helping you create an environment that promotes learning, encourages a love of the sport, and motivates your athletes to come out year after year. Numerous coaching books present the skills, drills, and activities of track and field. But here's a book that teaches you how to convey those skills to your athletes in an engaging and positive manner. Written by the American Sport Education Program (ASEP) in conjunction with Matt Lydum and other experts from Hershey's Track & Field Games and USA Track & Field (USATF), Coaching Youth Track & Field is the only resource available today aimed at coaches of athletes ages 14 and under. Coaching Youth Track & Field includes the following: -Activities specifically designed for young track and field athletes -Fundamentals of all of the events in track and field (USATF and Hershey's Track and Field Games) Coaching Youth Track & Field's 73 activities and 32 age-specific coaching tips are sure to jump-start your planning and practices and help you overcome any hurdle encountered during the season. Plus, sequenced and specific chapters help you learn, retain, and reference in a flash. Endorsed by USATF and named the official handbook of Hershey's Track & Field Games, this book a must-read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes.

Book Information

Paperback: 232 pages

Publisher: Human Kinetics; 1 edition (January 2, 2008)

Language: English

ISBN-10: 0736069143

ISBN-13: 978-0736069144

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #299,437 in Books (See Top 100 in Books) #29 in [Books > Sports & Outdoors > Coaching > Children's Sports](#) #113 in [Books > Sports & Outdoors > Other Team Sports > Track & Field](#)

Customer Reviews

This book was essential to the success of my program. Having never run or coached track before I bought 5 different books on coaching youth, developing speed and agility, but this was the only one

I needed. It covers mechanics and technique of running, jumping and throwing, as well as drills and general coaching development. I have notes sticking out of almost every page, and I return to this book almost every practice.

This book has given me great insight into the approach of coaching youth. This was a good purchase for me since for the past 5-6 years, I've been coaching adults. I'm really looking forward to the Track season.

Perfect reference and knowledge guide for working with youth runners, throwers, & jumpers as advertised. I transitioned from high school to middle school T&F and realized right off that I needed to retool and this was the perfect buy. I originally had the kindle fire edition of this book and went ahead and purchased the hard copy as well.

The book gives details on running programs and coaching advice about all the events for youth track programs. It focuses mainly on the Hershey track program as well as the USATF program. My team participates in both so it is very useful, but even if you don't participate in these meets, there is plenty of information for you.

The book was shipped as told. The materials in the book was as stated when I purchased it. Would of liked more updated material but not fault to the person I received it from. Thank you!

Very informative for me as a parent coach.

Although a little dated, it still had some useful information for coaching Jr. High Track and Field.

[Download to continue reading...](#)

Coaching Youth Track & Field Coaching Youth Tennis - 4th Edition (Coaching Youth Sports Series) Coaching Youth Cricket (Coaching Youth Sports) Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) Coaching Youth Football-3rd Edition (Coaching Youth Sports) Coaching Youth Volleyball - 4th Edition (Coaching Youth Sports) Coaching Youth Tennis - 3rd Edition (Coaching Youth Series) Coaching Youth Gymnastics (Coaching Youth Sports) Coaching Youth Hockey - 2nd Edition (Coaching Youth Sports) Survival Guide for Coaching Youth Basketball: Only the Essential Drills, Practice Plans, Plays, and Coaching Tips! Coaching Climbing: A Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series) Life Coaching:

Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) NLP Coaching: Learn How to Use NLP in Your Coaching and Become a Great Leader (nlp coaching, nlp books, nlp techniques) Airframe Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Powerplant Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Powerplant Test Guide 2017: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Airframe Test Guide 2016: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) General Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Track and Field Takedown (Jake Maddox Sports Stories)

[Dmca](#)