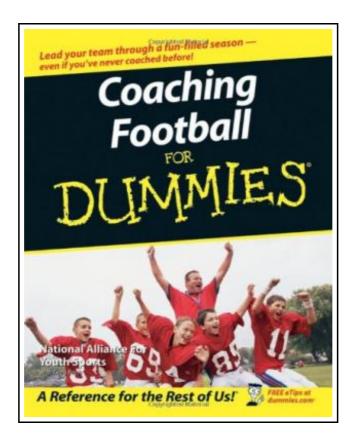
Coaching Football For Dummies



Filesize: 5.5 MB

Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.

(Felicia Nikolaus)

COACHING FOOTBALL FOR DUMMIES



John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Coaching Football For Dummies, The National Alliance for Youth Sports, Greg Bach, Few experiences are more rewarding than coaching a youth football team. Your journey through the season will be packed with moments that make you smile and that you and your players will remember for the rest of your lives. But what if you've never coached before? No worries! Coaching Football For Dummies is the fun and easy way to tackle the basics of coaching youth football. This friendly guide shows you how to teach your players effectively, regardless of their age or skill level, and lead your team to victory-even if you're a first-time coach. You'll discover how to: * Develop a coaching philosophy * Teach football fundamentals * Encourage good sportsmanship * Improve your team's skills * Ensure safety on the field * Communicate effectively with parents Packed with valuable information on preparing your game plan before you even step on the field, this hands-on resource gives you expert guidance in building your coaching skills, from evaluating your players and running enjoyable, productive practices to working with all types of kids-uncoordinated, shy, highly talented-at once. You'll find a variety of fun-filled drills for teaching everything from tackling and blocking to running and catching, as well as advanced drills to take your players' skills up a notch. You'll also see how to: * Conduct a preseason parents' meeting-an often overlooked aspect of coaching * Gather the necessary gear and fit the equipment to your players * Raise the level of play on offense, defense, and special teams * Take steps to avoid injuries * Deal with discipline issues and problem parents * Make critical half-time adjustments * Transition to coaching an All-Star Team Complete with tips for...

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