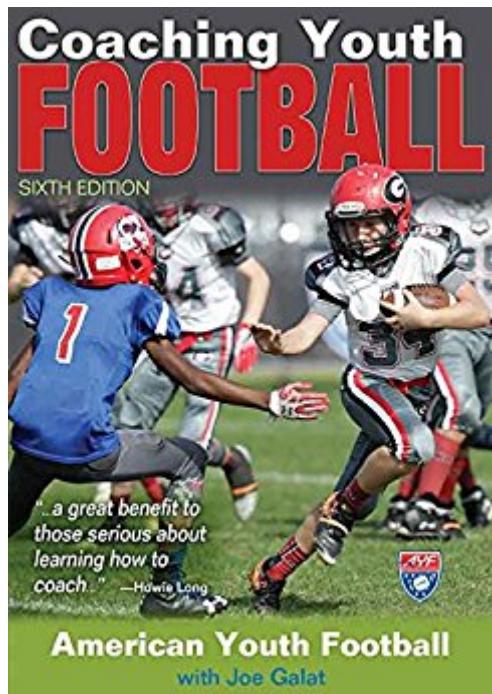


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# Coaching Youth Football



## Synopsis

Congratulations on your commitment to coach youth football. If you have played but haven't coached before, you'll need some help to make your first season a success. If you have coached previously, every season is an opportunity to do better. Coaching Youth Football, with its field-tested information and advice, will help you run your team with confidence. You'll find methods and tips for communicating with players, minimizing risk and preventing injuries, providing basic first aid, planning and conducting practices, teaching the fundamental techniques and tactics, coaching on game day, and keeping it all fun. Written by Joe Galat, a former college and NFL coach and the president and founder of American Youth Football (AYF), this book covers fundamentals of offense, defense, and special teams. It features separate chapters on offensive and defensive techniques and tactics, as well as the best practices for blocking and tackling to minimize the risk of injury. More than 70 drills and 126 photos and illustrations are included in the chapters. Designed for coaches of players ages 14 and under, this book is also a valuable component of the Coaching Youth Football: The AYF Way online course, the official course of AYF, offered through Human Kinetics Coach Education. With this book, you can create an athlete-centered environment that promotes player development, enjoyment, motivation, and safety so that players will come out for the team year after year.

## Book Information

File Size: 17052 KB

Print Length: 256 pages

Publisher: Human Kinetics; 6 edition (June 26, 2017)

Publication Date: June 26, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073BYPGMZ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #978,082 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

in Books > Sports & Outdoors > Children's & Youth Sports #149 in Books > Sports &

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