



Coaching Youth Football 6th Edition (Paperback)

By American Youth Football, Joe Galat

Human Kinetics Publishers, United States, 2017. Paperback. Condition: New. 6th edition. Language: English . Brand New Book. 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...



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