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Youth Tackle Football: A Guide to Teaching Safer Football and Preventing Injuries

By Alan Jackson

Castle Rock Press, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The severity of injuries, including concussions, to kids playing youth tackle football can be as traumatic as to the big brutes playing college and NFL football. A high school and youth tackle football coach - and a parent of athletic sons and daughters who ve had their share of injuries - after his son suffered a concussion Alan Jackson became fully aware of the devastating injuries children can sustain on the field. The more he researched long-term effects, the more worried he became about allowing kids play anything other than flag football before their bodies are strong enough to take full-force impacts. In his book Alan comprehensively discusses tackle football at the youth level; the coaches who manage the sport; the upsides and pitfalls of today s equipment; and what parents can do to help prevent injuries to their children. He reached out to professionals in the industry (Coaches Mike Miller and Matt Wells; receiver and tight end John Madsen; and Connie Jones, Certified Athletic Trainer) to get their take on whether kids should be...

Reviews

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