



How To Coach Youth Sports

By Danford Chamness

iUniverse. Paperback. Book Condition: New. Paperback. 142 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book was written expressly for you who are coaching children in sports. We stress how to teach children to participate in sports and to have fun doing it. The most important thing is participation by everyone. Planning your training program and what you should have in it is the next most important objective you have. We've covered that in this book. How to prepare your training schedule and what you are able to accomplish effectively. We cover player rotation, substitution and fairness management. Progressive training is the key to getting the team working as a team. We have taken the children from kindergarten through the eighth grade and grouped them into categories. In each category we discuss the players abilities, what they are capable of in both the physical and emotion sense, and their limitations. We have also defined the coach's role, the parent's role and the player's role. As a coach, we cover the teaching attitude and methods. Always keeping in mind these are children, and the games are for the kids. In youth sports, winning isn't everything, but learning to play well and wanting...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- **Elinore Vandervort**

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