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# Coaching Youth Track & Field



## Synopsis

Coaching Youth Track & Field stresses fun, safety, and effective instruction, helping you create an environment that promotes learning, encourages a love of the sport, and motivates your athletes to come out year after year. Numerous coaching books present the skills, drills, and activities of track and field. But here's a book that teaches you how to convey those skills to your athletes in an engaging and positive manner. Written by the American Sport Education Program (ASEP) in conjunction with Matt Lydum and other experts from Hershey's Track & Field Games and USA Track & Field (USATF), Coaching Youth Track & Field is the only resource available today aimed at coaches of athletes ages 14 and under. Coaching Youth Track & Field includes the following: -Activities specifically designed for young track and field athletes -Fundamentals of all of the events in track and field (USATF and Hershey's Track and Field Games) Coaching Youth Track & Field's 73 activities and 32 age-specific coaching tips are sure to jump-start your planning and practices and help you overcome any hurdle encountered during the season. Plus, sequenced and specific chapters help you learn, retain, and reference in a flash. Endorsed by USATF and named the official handbook of Hershey's Track & Field Games, this book a must-read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (13 customer reviews)

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## Customer Reviews

This book was essential to the success of my program. Having never run or coached track before I bought 5 different books on coaching youth, developing speed and agility, but this was the only one

I needed. It covers mechanics and technique of running, jumping and throwing, as well as drills and general coaching development. I have notes sticking out of almost every page, and I return to this book almost every practice.

This book has given me great insight into the approach of coaching youth. This was a good purchase for me since for the past 5-6 years, I've been coaching adults. I'm really looking forward to the Track season.

Perfect reference and knowledge guide for working with youth runners, throwers, & jumpers as advertised. I transitioned from high school to middle school T&F and realized right off that I needed to retool and this was the perfect buy. I originally had the kindle fire edition of this book and went ahead and purchased the hard copy as well.

The book gives details on running programs and coaching advice about all the events for youth track programs. It focuses mainly on the Hershey track program as well as the USATF program. My team participates in both so it is very useful, but even if you don't participate in these meets, there is plenty of information for you.

The book was shipped as told. The materials in the book was as stated when I purchased it. Would of liked more updated material but not fault to the person I received it from. Thank you!

Very informative for me as a parent coach.

Although a little dated, it still had some useful information for coaching Jr. High Track and Field.

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