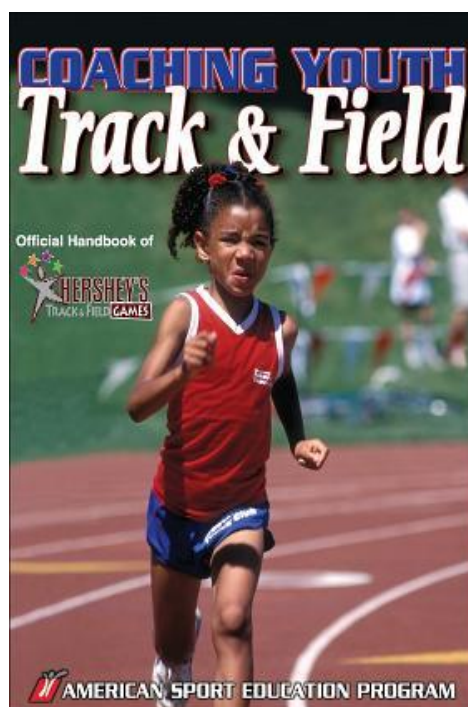


Get Book Coaching Youth Track &Field

By American Sport Education Program



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Books Details

Author : American Sport Education Program Pages : 221 pages Publisher : Human Kinetics Language : eng ISBN-10 : 0736069143 ISBN-13 : 9780736069144

Books Descriptions

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

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