

# Coaching Youth Track and Field



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Whether the reader is a parent who is new to coaching, or an experienced youth coach,

"Coaching Youth Track and Field" will be a valuable tool that will help run a successful track and field programme for children aged 14 and under. Fun, safe and effective instruction are stressed, helping to create an environment that promotes learning, helps children to enjoy their track and field experiences and motivates athletes to participate year-after-year. This first edition includes drills, games and coaching tips to make this book even more practical for the budding coach. The book has been organised to provide an effective learning experience. In addition to teaching the fundamentals of all of the events in track and field, key communication issues are addressed (including communicating with both parents and players and how to communicate with the coaches' own child if he or she is on their team). Important safety information is also covered.

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目录:

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