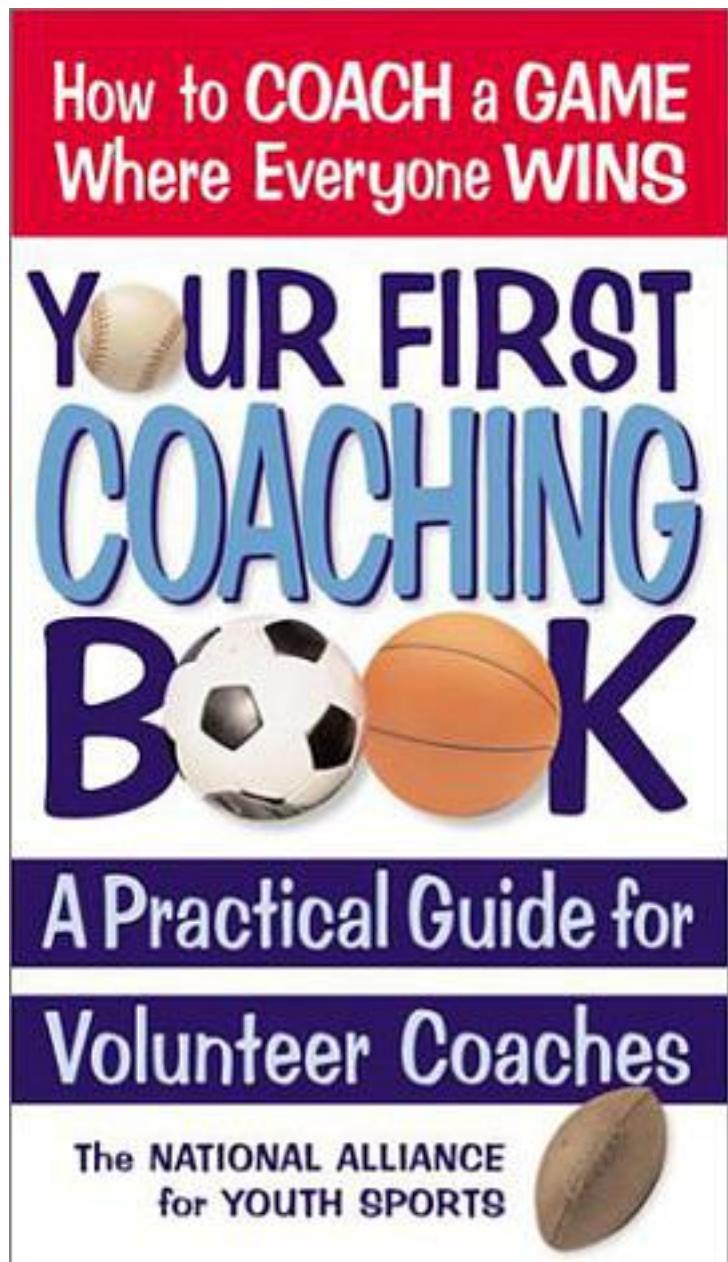


Your First Coaching Book



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For the millions of children involved in youth sports, it is their coach who plays a major role in the way they will feel about playing. Unfortunately, few youth sports organizations provide any real training for their coaches. The result can be seen in the increasingly large percentage of kids who drop out of organized leagues. To help coaches understand their important role, including the challenges that lie ahead of them, the National Alliance for Youth Sports--America's premier youth sports advocacy group--has created a simple and straightforward guide for volunteer coaches. It presents the elements that make up good coaching, details the tasks for which a coach is responsible, and explains how a coach can best deal with the most common problems faced both on and off the playing field.

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