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# Coaching Youth Football - 5th Edition (Coaching Youth Sports)



## Synopsis

Whether you're a parent new to coaching or an experienced youth coach, Coaching Youth Football is your handbook for a successful season. Through the expertise of former NFL coach and current AYF president Joe Galat and American Youth Football, you'll gain field-tested tips on running your team, communicating with and handling players, providing basic first aid, planning and conducting practices, drawing up plays, and keeping it all fun. This fifth edition features updated information and an enhanced section about players' safety on the field, including new information on concussion from the Centers for Disease Control and Prevention. Fundamentals of offense, defense, and special teams are covered in depth, supported by more than 70 drills and over 60 photos and illustrations. Ideal for coaches of players ages 14 and under, this book is also a valuable component of the Coaching Youth Football online course, the official course of AYF offered by the American Sport Education Program. With this book, you will create an environment that promotes learning, enjoyment, and motivation so that players will come out for the team year after year.

## Book Information

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## Customer Reviews

"Greater than my experience as one of Joe's Yale players in the early '70s is the fortune I've enjoyed for more than two decades through my marriage to Kathy Johnson, Olympic medalist in gymnastics. This relationship has reaffirmed for me the paramount lesson imbued by my dear old friend and coach: There is more to be gleaned from sport than mere winning and losing.

Joe Galat's focus on fundamentals, team orientation, character development, and, above all, enjoying the process is completely consistent with the elements for enduring success long after the roar of the crowd has dimmed.

— Brian Patrick Clarke--Actor and Former Yale Football Player

“I am proud to say that I have coached youth football for the past several years and have come to the realization that it involves far more than just Xs and Os. Promoting academic achievement, preparing for the season, ordering equipment, getting coaches to share a vision, coaching kids who are new to the game, and dealing with parents—the infrastructure of the organization alone can be a challenge to many rookie coaches. Joe Galat's Coaching Youth Football provides you with all the essentials to ensure your time spent with your kids and parents will be prime time.

— Deion Sanders--NFL and MLB All-Star

“Coaching Youth Football by Joe Galat is the youth coach's playbook on the fundamentals of youth coaching. It provides essential information on coaching a youth football team—from the first day of practice to the final game of the season.

— Jim Tressel--Head Football Coach, The Ohio State University

“Joe Galat was my linebackers coach when I was head coach of the New York Giants. Joe's insight on the basic fundamentals of the game detailed in this book will help everyone who is interested in teaching safe football techniques.

— John McVay--Former NFL Head Coach, Former San Francisco 49ers Vice President of Football Operations; 1989 NFL Executive of the Year

“I first met Joe Galat at the age of 14 at the Cape Cod Massachusetts Football Camp. Getting the opportunity to learn the game the right way from Joe at a young age not only increased the chances of me being successful on the field but also increased my chances of staying injury free. Joe went on to coach in the National Football League with the New York Giants and Houston Oilers. Joe coached a number of great players during his years in the NFL, including two Hall of Famers, Harry Carson and Elvin Bethea. In Coaching Youth Football, along with its online course, Coaching Youth Football the AYF Way, Joe breaks down football fundamentals into simple, teachable techniques that are easy to grasp and execute and will be a great benefit to those serious about learning how to coach the great sport of football.

— Howie Long

Joe Galat serves as the president of AYF. He is also employed by FieldTurf Tarkett as vice president of sales and dean of the FieldTurf Sports Science Institute. Joe's leadership began early as captain of the Harvey High School (Painesville, Ohio) and Miami University (Ohio) football and wrestling teams. At Miami University, he was elected president of the Varsity Letterman's Club and was named Outstanding Student Athlete in his senior year. Playing

honors included selections to the All-Ohio All-Star High School Team and All-Mid-American Conference. Joe's football experience was honed by some of the game's greats: Bo Schembechler, Carm Cozza, and John McVay. When Pro Football Hall of Fame coach George Allen was owner of Montreal, he appointed Joe to be his head coach. Joe then went on to become head coach and general manager of the British Columbia Lions of the Canadian Football League. He coached college football at Miami University, Yale University, University of Kentucky, and Youngstown State University. In 1982, Joe was inducted into the Miami University Hall of Fame. He was also inducted into the Painesville Harvey High School Hall of Fame (along with the NFL's winningest coach, Don Shula). After his coaching days, Joe was national color commentator for CBC-TV Sports. This experience gave him the distinction of having held every position in organized football (player, coach, manager, broadcaster, and youth executive). Joe has participated in youth football clinics in the United States, Canada, and Mexico, and throughout Europe and Russia. Joe was also honored as a Kentucky Colonel by Governor Wendell Ford.

OK, I teach at a small rural middle school and NEVER played football, barely watch it. When The Call came asking me to coach, I said sure, and ordered this book based on other reviews. As someone with no background, it was very useful. I'm not going to be the head coach, so I skipped the parts I didn't need to know, but I know where that stuff is if I need it. The book organizes drills by position and does a very good job of explaining the how and the why, so I know what I need to be looking for to correct. I read over everything, just to be prepared, and focused on the positions I was going to be working with. Based on that, I have been able to offer specific suggestions for improving play beyond, "Good job!" There's a lot in here about how to coach, how to give feedback, and how to deal with parents. As a teachers, I found this part to be well-done. The focus throughout is on the student as a student first, then an athlete, and on how to use sports to develop skills that can carry over into school and life (leadership, teamwork, respect, etc). Again, the focus is on making sure the student is successful and not on winning as the bottom line. I would have liked more in there about football strategy at the middle/high school level, but that's a minor quibble and really beyond the scope of the book. There is a section on the rules, penalties, etc., but an overview/description of what basic plays and formations common in youth football would have been great. If you're like me and find yourself in a position where you are going to be coaching, don't panic and buy this book, you won't regret it.

It's a good start. Some material seems dated.

Everything I was looking for in being one step closer to coaching. I plan to grow with my son in my coaching career and his playing. so, it's great!

This book is good for the person just starting out in coaching. Honestly, I only made it a quarter way through, as I felt it was too basic for me.

Good for 1st year coaches.

this is the best coaching whistle. it gets the players attention greatly.

I've read a few of Mr. Reeds books and thought I would purchasing the current addition of this bookÃ A Coaching Youth Football, whereas Mr. Reed was simply a contributor to the book I purchased. There is some useful information in the book but not what I was looking for and the Author is misrepresented on the product listing.

This book compared to Mr Reed's Winning Youth Football is just not up to snuff. Winning Youth Football literally gives you a step by step guide, in detail as to how to build a winning yout football program. This book is very vague and general. Most of what you read is common sense and it lacks detail when describing drills. You can buy it and it will help you put together some practices, but there are far better youth football books.

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