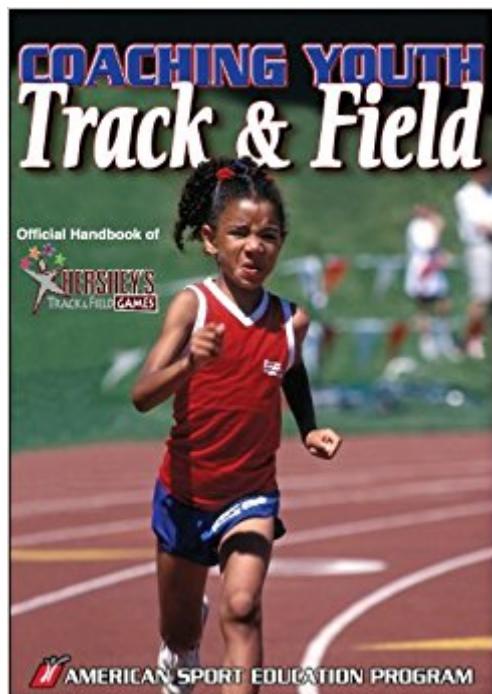


The book was found

# 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 14 customer reviews

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## **Customer Reviews**

Coaching Youth Track & Field was written by the American Sport Education Program (ASEP) in conjunction with Matt Lydum and other experts from Hershey's Track and Field Games and

USA Track & Field. Matt Lydum is actively involved in the sport of track and field at the national and international levels. He has served as USOC delegate to the International Olympic Academy and on the USA coaching staff for the World Championships in Youth Athletics. As a coaching educator, he has certified hundreds of high school coaches in the Great Lakes region and around the country and coordinates the Instructor Training Course for USA Track & Field. USA Track & Field (USATF) is the national governing body for track and field, long-distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the number-one high school and junior high school participatory sport, and more than 30 million adult runners in the United States. Nearly 100,000 Americans are members of USATF. The mission of USATF is to foster sustained competitive excellence, interest, and participation in the sports of track & field, long-distance running, and race walking. Hershey's Track & Field program promotes youth physical fitness and is the largest program of its kind in the United States and Canada with more than 400,000 participants. Hershey's Track & Field Games encourage children ages 14 and under to participate in track and field events. Regardless of a child's ability, each child is treated like a winner. ASEP has been developing and delivering coaching education courses since 1981. As the nation's leading coaching education program, ASEP works with national, state, and local youth sport organizations to develop educational programs for coaches, officials, administrators, and parents. These programs incorporate ASEP's philosophy of "Athletes first, winning second."

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.

Very helpful suggestions for introduction to young learners.

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.

great book

## Excellent Book

Very informative for me as a parent coach.

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.

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

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Track & Field News' Big Gold Book: Metric Conversion Tables for Track & Field, Combined Decathlon/Heptathlon Scoring and Metric Conversion Tables, and ... the Track Fan, Athlete, Coach and Official Coaching Youth Volleyball - 4th Edition (Coaching Youth Sports) Survival Guide for Coaching Youth Softball (Survival Guide for Coaching Youth Sports) Coaching Youth Baseball - 4th Edition (Coaching Youth Sports) Coaching Youth Basketball - 4th Edition (Coaching Youth Sports Series) Coaching Youth Baseball, 4E (Coaching Youth Sports) Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) Survival Guide for Coaching Youth Soccer (Survival Guide for Coaching Youth Sports Series) Coaching Youth Football - 5th Edition (Coaching Youth Sports) Coaching Youth Hockey - 2nd Edition (Coaching Youth Sports) Coaching Youth Tennis - 4th Edition (Coaching Youth Sports Series) Coaching Youth Cheerleading (Coaching Youth Sports Series) Coaching Youth Gymnastics (Coaching Youth Sports) Coaching Youth Track & Field Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Coaching Youth Basketball: The Guide for Coaches & Parents (Betterway Coaching Kids) Coaching Youth Baseball: The Guide for Coaches, Parents and Athletes (Betterway Coaching Kids) (Coaching Youth Baseball) INSIDE A COACH'S MIND: THE BASEBALL BIBLE (Coaching Baseball)

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