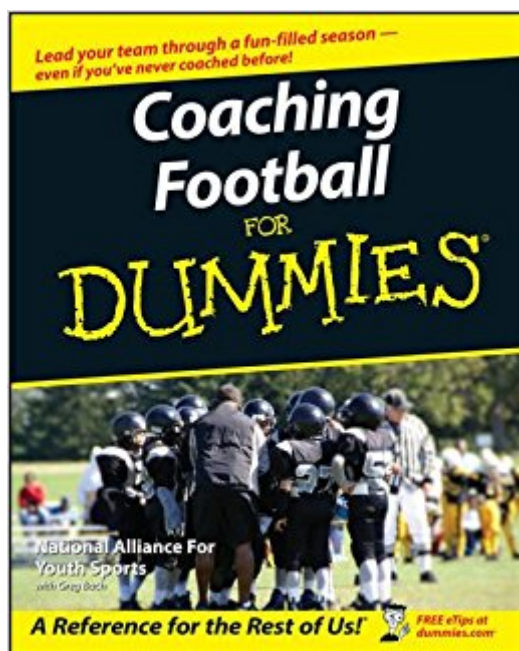


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# Coaching Football For Dummies



## Synopsis

Few experiences are more rewarding than coaching a youth football team. Your journey through the season will be packed with moments that make you smile and that you and your players will remember for the rest of your lives. But what if you've never coached before? No worries! Coaching Football For Dummies is the fun and easy way to tackle the basics of coaching youth football. This friendly guide shows you how to teach your players effectively, regardless of their age or skill level, and lead your team to victory—even if you're a first-time coach. You'll discover how to:

- Develop a coaching philosophy
- Teach football fundamentals
- Encourage good sportsmanship
- Improve your team's skills
- Ensure safety on the field
- Communicate effectively with parents

Packed with valuable information on preparing your game plan before you even step on the field, this hands-on resource gives you expert guidance in building your coaching skills, from evaluating your players and running enjoyable, productive practices to working with all types of kids—uncoordinated, shy, highly talented—at once. You'll find a variety of fun-filled drills for teaching everything from tackling and blocking to running and catching, as well as advanced drills to take your players' skills up a notch. You'll also see how to:

- Conduct a preseason parents' meeting—an often overlooked aspect of coaching
- Gather the necessary gear and fit the equipment to your players
- Raise the level of play on offense, defense, and special teams
- Take steps to avoid injuries
- Deal with discipline issues and problem parents
- Make critical half-time adjustments
- Transition to coaching an All-Star Team

Complete with tips for working with parents, keeping your players healthy, and leading your team effectively on game days, Coaching Football For Dummies is all you need—besides a whistle and a clipboard—to navigate your players through a safe, fun, rewarding season!

## Book Information

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> Coaching > Children's Sports #48 in Books > Sports & Outdoors > Coaching > Football (American)

## Customer Reviews

Lead your team through a fun-filled season &#151; even if you&#39;ve never coached before! Packed with drills, play formations, and tips for game days The fun and easy wayÂ® to tackle the basics of coaching youth football Volunteering as a football coach can be a fun, rewarding experience, both for you and your team. But what if you&#39;ve never coached before? Have no fear &#151; this friendly guide explains the rules of football, giving you expert advice on teaching essential skills to different age groups, running great practices, and leading your team effectively during a game. Discover how to: Develop a coaching philosophy Teach fundamentals Encourage good sportsmanship Coach offense, defense, and special teams Ensure safety on the field Communicate effectively with parents THE DUMMIES WAY Explanations in plain English "Get in, get out" information Icons and other navigational aids Online cheat sheet Top ten lists A dash of humor and fun Get smart! @www.dummies.com Find listings of all our books Choose from many different subject categories Sign up for eTips at etips.dummies.com

The National Alliance For Youth Sports provides a wide range of programs for coaches, administrators, officials, parents, and young athletes. Greg Bach is the Director of Communications for the Alliance.

I knew nothing about football when I agreed to coach my sons team. This book helped out a lot.

Very basic, and the Kindle edition is a condensed version of the original. Not for a fan studying the game, but for a beginning coach or parent. Game concepts are very basic at best. Pop Warner or below, not even suitable for middle school level.

Good for the beginner coach. Explains basic receiver routes, defensive strategies, formations and rules of thumb. Recommend for those with little or no technical understanding of the game.

I was very disappointed with this purchase. The book said it had over 300 pages but the kindle edition is just a summary of the full book. Not clear on at ALL! At least it was only .99.. ;)

Like the rest of the "FOR DUMMIES" series, it reads like textbook. Long and dry, but contains information for the most basic new coach. You might roll your eyes at some of the very basic information presented.

From How to basics of football to the most intricate details this book has it all. Whether you are coaching or just want to learn more about the sport America loves Football for dummies will get you in the Endzone!

This book is truly useless. All about the psychology of coaching, but no nuts and bolts really for how to coach O, D, or Line.

Bought as a gift and my friend enjoyed it

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