



Coaching Youth Gymnastics

By USA Gymnastics

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.8in. x 6.8in. x 0.9in. Coaching Youth Gymnastics covers all the basics of coaching and gymnastics in a concise style that is customized for entry-level gymnastics coaches. Developed by ASEP in cooperation with USA Gymnastics, this one-of-a-kind book offers a unique blend of general coaching and sport-specific information. The book's 600-plus photos will help you understand skill technique and decide what skills to teach your athletes. Included are Coaching Tips boxes that highlight key concepts, in addition to information on developing a coaching philosophy, communicating with athletes and parents, and providing basic sport first aid. The latest information regarding concussions and CDC protocols is also addressed. The book contains forms and safety checklists and sample lesson and practice plans to help you stay on task. Techniques and skills for bars, floor, beam, and vault are presented by skill level rather than by age groups and are applicable to both boys and girls where appropriate. Information on falling and landing as well as suggestions on activities, conditioning, and games are provided. The expertise of USA Gymnastics and ASEPs proven success in coaching education will ensure that you are adequately prepared for...



READ ONLINE
[2.11 MB]

Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be written in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It is in a single of the best books. This is for those who state there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.