



Coaching Football For Dummies

By The National Alliance of Youth Sports

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Coaching Football For Dummies By The National Alliance of Youth Sports

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!

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Editorial Review

From the Back Cover

Lead your team through a fun-filled season — even if you've never coached before!

Packed with drills, play formations, and tips for game days

The fun and easy way® 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've never coached before? Have no fear — 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

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Online cheat sheet

Top ten lists

A dash of humor and fun

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About the Author

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.

Users Review

From reader reviews:

Gwendolyn Smith:

The reason why? Because this Coaching Football For Dummies is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will distress you with the secret the item inside. Reading this book adjacent to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of gains than the other book possess such as help improving your skill and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the guide store hurriedly.

Solange Smith:

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Kelly Spinney:

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