



Coaching Junior Football Teams For Dummies

The National Alliance for Youth Sports, James Heller, Greg Bach

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Packed with drills and tips for training and game days

The fun and easy way to master the art of football coaching

Volunteering as a youth football coach can be a great experience, both for you and your squad. But what if you've never coached before, or want to improve? Don't worry! This friendly guide explains football rules, shows you how to approach coaching, and gives you practical pointers on improving team skills and encouraging good sportsmanship.

* Understand football rules

*

Develop a coaching philosophy

*

Teach football fundamentals

*

Run great training sessions

*

Lead your team during a game

*

Communicate effectively with parents

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