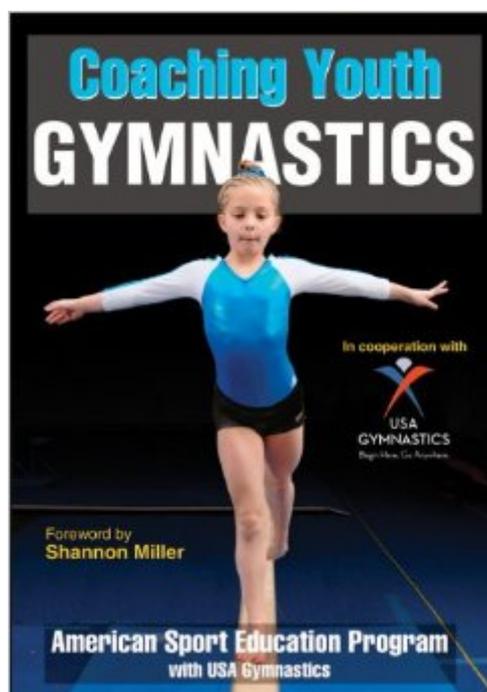


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# Coaching Youth Gymnastics (Coaching Youth Sports)



## Synopsis

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 ASEP's proven success in coaching education will ensure that you are adequately prepared for the challenges of coaching youth gymnastics. With content aimed at developing the entire coach, not just skills and drills, Coaching Youth Gymnastics will help you to create an environment that promotes learning, enjoyment, safety, and motivation for youth gymnasts. v

## Book Information

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## Customer Reviews

This was the book that I had been looking for. As the father of two active young gymnasts, I often

found the coach coming to me to lend a eye, or hand, or encouragement. Not knowing much about gymnastics, I always felt somewhat awkward, especially when the other gymnast started referring to me as "coach." Seeing that I could be doing this for a long time, I figured I better get some help. This was the best of the best of all of the books I researched. Even better was the fact I could download it on my Kindle Fire and have it on-hand for practices and not have it look like I was reading a book about coaching! ; ) Seriously, if you are a coach and want a good all-around brush-up. Or, if you are enlisted parent like me, get this book!

This is a great resource for beginning coaches or gym moms wanting to learn a little more about what is happening at practice. The book is jam-packed with information -- it is over 250 pages and has multiple photographs on most pages. The chapters include: 1. Stepping into Coach 2. Communicating as a Coach 3. Understanding Rules, Apparatus, and Equipment 4. Providing for Gymnasts' Safety 5. Making Practice Fun and Effective 6. Teaching and Shaping Skills 7. Gymnastics Basics 8. Floor Skills 9. Vault Skills 10. Bar Skills 11. Balance Beam Skills 12. Coaching on Meet Day 13. Developing Season and Practice Plans I'm a mom, not a coach -- so I'm not sure how helpful the specific coaching guidance would be to a coach. I would expect that most experienced coaches would be familiar with the information in this book, though it would be of great value to a beginning coach. It was helpful to me, as a gym parent, to better understand the coach's perspective and goals in practice. The book contained very valuable information on meets, etiquette, and gymnastics competitions in general. But to me the real value in this book is in the many, many detailed photographs that show basic stretches, drills, progressions, and skills. I think it would be a great resource for a parent or coach who was just getting started with competitive gymnastics. I doubt there is much here that would be of significant value for a gymnast who was much beyond level 4, though.

Even for someone who knows virtually nothing about youth gymnastics, this is a great guide to the sport. The illustrative pictures are excellent, and the descriptions are very well written - clear, concise, and interesting. As far as I can tell, as a neophyte, the breadth of coverage is excellent. While we are not intending to coach the sport, this book has made us, and our gymnast, feel much better informed.

I am new to the sport of gymnastics and wanted a book that talked about it all and a detailed look at it all. This book did it. It is also a great book on coach youth sports in general. Replace gymnastics with baseball, football, or basketball, etc. in most of the chapters and it will help you coach those

sports (this is a lot of gymnastics specifics also). it can also apply to leadership at work or in other situations. I am enjoying the book.

VERY good book! It covers not only gymnastic skills and drills for each event, but also had many very helpful chapters for coaches w info regarding meets, examples of daily plan schedules, rotation sheets for practice, positive coaching information, ect. I got more than I needed out of this book

It was very informational and read like a text book. It is exactly what I thought it would be. I am not going to say that I loved it because like I said, it reads like a text book.

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