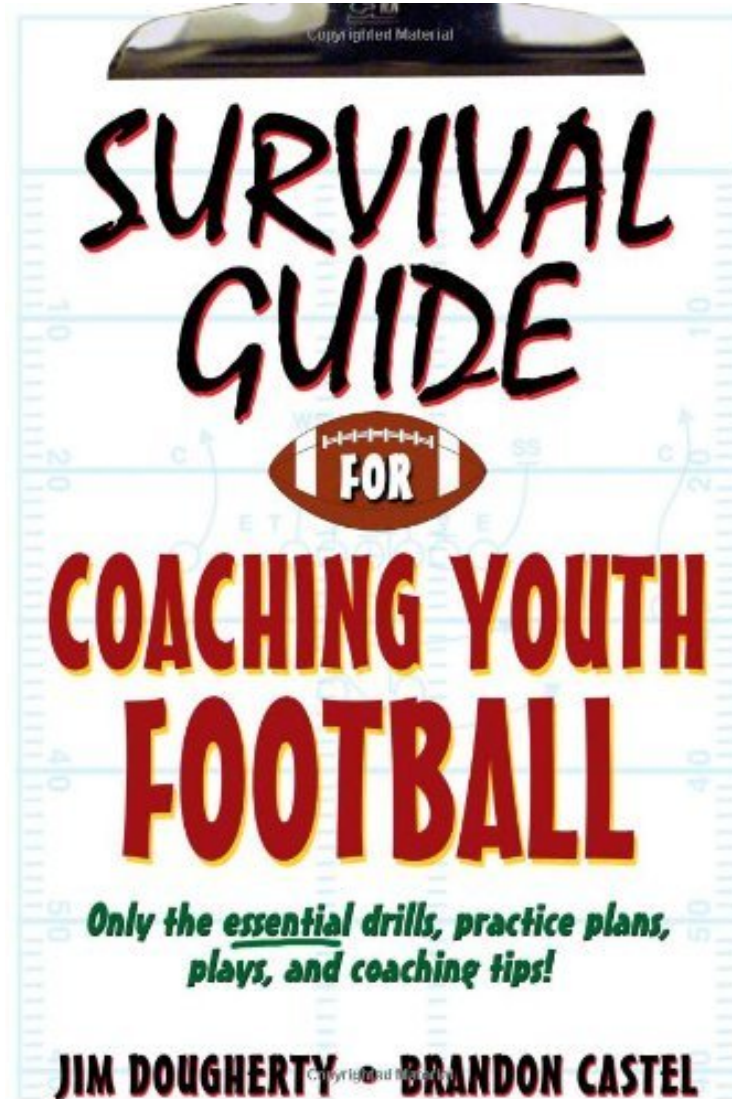


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Survival Guide for Coaching Youth Football (Survival Guide for Coaching Youth Sports)

Jim Dougherty, Brandon Castel
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Jim Dougherty, Brandon Castel : Survival Guide for Coaching Youth Football (Survival Guide for Coaching Youth Sports) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Survival Guide for Coaching Youth Football (Survival Guide for Coaching Youth Sports):

0 of 0 people found the following review helpful. Well putBy cj kamischkeIt's a simple approach that will help any new coach, great advice! Crawl, walk, run is a great analogy for early football.2 of 2 people found the following review helpful. Worth reading for a new coachBy J. AdamI got this book, along with to others, because I was asked at

the end of my son's last season to help with the next one. I think it was a "put your money with your mouth is" kind of offer, after being critical of the coaching. After reading this book I have a huge amount of confidence in helping, as it reinforced my critical comments and gave me plenty of new things to be aware of. I highly recommend this book for first time coaches. It breaks down practices into individual positions. It also gives an outline for a practice and how much time should be spent doing each thing. There are only about 10 drills for each position listed and of those 10 they are broke down into beginner, intermediate and advanced drills. So you might not want to rely totally on this book for a huge variety of drills. 2 of 2 people found the following review helpful. A really thorough book, very helpful. By Jim Kukrall I coached my first youth flag football team in 2012 and I found this book full of really great suggestions and ideas. From running practices, to stretching, to coaches to play selection... it's a comprehensive book. My only critique is that it was too much information. Perhaps too long. But if you're looking for something that is comprehensive and gives you everything, than this book is it. Highly recommend it for a new coach.

You volunteered to coach the football team, but are you ready? How will you teach the fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Football* has the answers. Longtime coach Jim Dougherty teams up with Brandon Castel to share experience and advice you can rely on from the first practice to the final game. It's all here in the drills and the plays: evaluating players' skills, establishing realistic goals, offering in-game coaching tips, and making the practices fun! Develop your team's offensive and defensive skills for all positions with the Survival Guide's collection of the game's best youth drills. For plays that young players can actually run, flip to the Survival Guide's offensive playbook and defensive alignments. And to get the most out of every practice, follow the ready-to-use practice plans. Turn to the series that has already guided thousands of first-time coaches in basketball, soccer, and softball to rewarding and productive seasons. With *Survival Guide for Coaching Youth Football*, you're already well on your way.

From Booklist Of all the valuable information in this guide for youth-football coaches—and there is lots of it—the most valuable may be a chart included in the front matter. "Drill Finder" serves as a checklist for keeping track of which drills are appropriate for which age ranges and which positions. The right-most column lists the page number where the drill is described, hence its placement with the front matter. The authors clearly illustrate each basic element of football, with many photographs and diagrams to help convey the information at hand. Besides covering practices and drills, the book also addresses the coach's role at game time, how to interact with parents and referees, and how to manage time, both game time and pregame time. Each chapter ends with a "Coach's Clipboard," summarizing the points made in that chapter. Handy sidebars and checklists are scattered throughout. Recommended reading for both novice coaches as well as those with some experience. --Mary Frances Wilkens "Jim Dougherty's knowledge of the game and his experience coaching young players will help you understand the important aspects of youth football. I recommend *Survival Guide for Coaching Youth Football* to anyone taking the first step into coaching." Brian White -- Head Football Coach, Hilliard Davidson High School "Jim Dougherty's book *Survival Guide for Coaching Youth Football* is a must-have for all youth football coaches. He has years of experience on the subject and can provide unique tips on coaching youth." Mike Vrabel -- Linebacker, Kansas City Chiefs "Finally! A book that breaks down the enormous responsibilities of a youth football coach into an easy-to-follow game plan. *Survival Guide for Coaching Youth Football* will help any new coach find success on and off the field!" Ryan Miller -- Former Ohio State Football Linebacker (1993-'96), Two-Time Big Ten Champion and 1997 Rose Bowl Champion About the Author Jim Dougherty knows how to develop talent across many levels. Along with coaching the Hilliard Davidson varsity baseball team since 1985, Dougherty has served as the athletic coordinator and football coach for Hilliard Weaver Middle School since 1997. Prior to that, Dougherty held the same position at the former Hilliard Middle School. He also teaches physical education and was named Ohio's Middle School Athletic Administrator of the Year in 2005. A graduate of Ohio Wesleyan University, he served as the captain of both the football and baseball team. Coach Dougherty lives in Columbus. Brandon Castel is a sports writer for the-Ozone.net and has made a career of covering college football. While a student at Ohio State, Castel served as the sports editor of *The Lantern* and today he covers the Buckeyes on a full-time basis for *BuckeyeGrove.com*. A former football player himself, Castel also fills much of his time as a coach in Columbus with the Skyhawks youth sports program. His writing has been featured by Yahoo! Sports, *The Sporting News*, and USCHO.com.