



## ASEP Youth Sport Training Kit

By Asep

Human Kinetics Publishers, United States, 2008. Digital. Condition: New. Language: English . Brand New Book. Busy youth sport administrators will appreciate this all-in-one resource for training coaches, parents and officials. The ASEP Youth Sport Training Kit brings together six of the American Sport Education Program s most successful training videos into one comprehensive 101-minute DVD. Being a C.O.A.C.H. - this provides an introduction to volunteer coaching and working with players aged 8 to 14. The responsibilities of coaching, coaching philosophy, coaching for character and communicating with athletes and parents are all covered. Coaching Safety - deals with issues for ensuring safe play, such as establishing safety plans and examining equipment, fields and courts. Topics addressed include creating a safe environment, treating injuries, understanding liabilities surrounding the treatment of injuries and stretching to help prevent injuries. Preparing for Game Day - explains how to plan teams, conduct practices and schedules for games and sporting events. Covers the games approach to coaching, teaching sport skills, preparing practice plans and evaluating player performance. Winning Respect - Inter-school and club sport coaches face challenges in helping their athletes develop not only skills and strategies but also character, respect and responsibility. Winning Respect helps coaches address those issues. As...



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