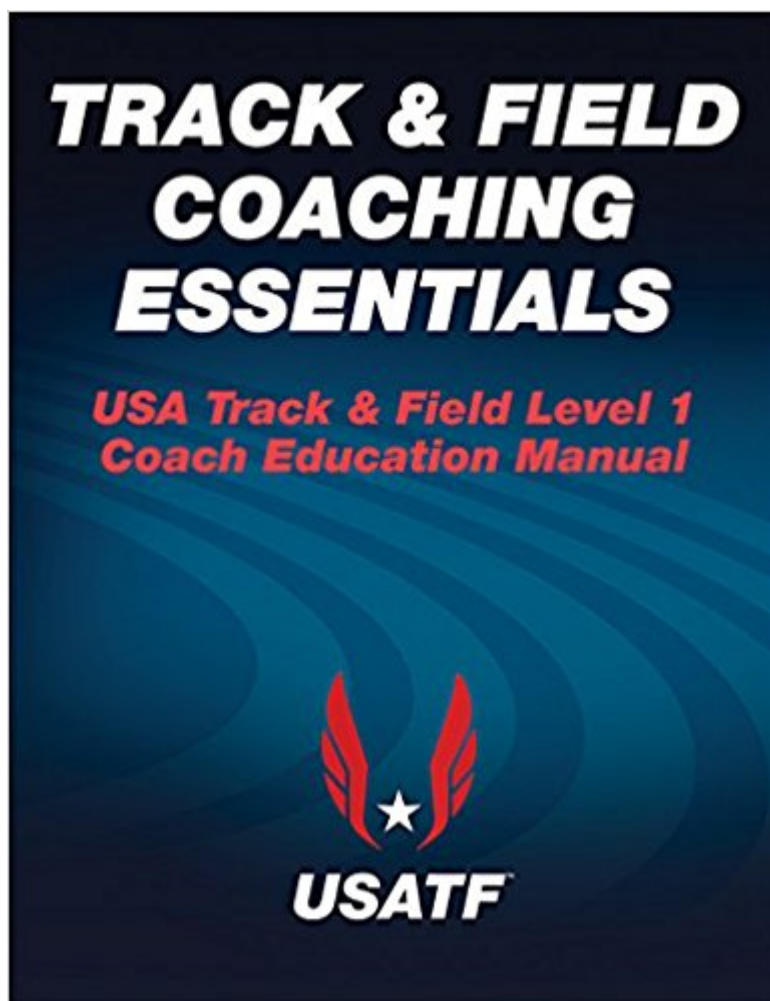


The book was found

Track & Field Coaching Essentials



Synopsis

Coaching track and field is a unique challenge. The number of events, the specific technical skills to teach in each one, the event- and athlete-tailored training programs required for performing at a high level, and the planning and organization needed for practicing and competing effectively as a team can be difficult for even the most educated and experienced coaches. *Track & Field Coaching Essentials* provides the information and direction to make your first, or twenty-first, season a success. Starting with the fundamentals, moving on to the sport sciences, and then detailing each of the events, this is the most comprehensive and authoritative coaching resource in the sport. Experts such as Vern Gambetta on biomotor training for speed and power events, Joe Vigil on endurance events, and Jeremy Fischer on the jumps ensure the book contains the best and most current knowledge on each topic. Common technical faults and their corrections, as well as progressive performance drills, are included for every event, including relays. This primary text in USA Track & Field's coaching education program is also a go-to reference for veteran coaches. Be it races, jumps, or throws, *Track & Field Coaching Essentials* has what coaches need to know to help their athletes achieve their performance potential.

Book Information

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Customer Reviews

USA Track & Field (USATF) is the national governing body for track and field, long-distance running, and racewalking in the United States. Based in Indianapolis, USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the most

popular sport in high school and middle school, and more than 30 million adult runners in the United States. Nearly 100,000 people are members of USATF. USATF member organizations include the U.S. Olympic Committee, NCAA, NAIA, Road Runners Club of America, Running USA, and the National Federation of State High School Associations. Fifty-seven USATF associations oversee the sport and its 2,500 clubs at the local level. USATF conducts coaching education courses that elevate and standardize the level of coaching across the country. More than 14,000 coaches have been educated under USATF programs.

Awesome book. I wanted to learn as much as possible about periodization. This book helped clear up some of the issues I had. I am confident now that I can write a very effective programme for my athletes. The information on individual events is very detailed. I have other coaching manuals and this is the best yet. I am from the fastest nation in the world (Jamaica), books are my only way of developing my skills as a coach, and this book has it all. There is a lot of information on speed development. Thank you US Track and field, Will Freeman, Larry Judge, and all the other coaches that have contributed.

AAAAAAAAAAAA++++++vendor product is great

One of the best coaching manuals I have ever read!!! Great breakdown of events and plenty of drill ideas.

Everything you will need to know if you are serious about coaching track and field. The authors have written the book to satisfy both the novice and more advanced coaches in mind.

Very helpful information for an elementary school PE teacher with limited background in track and field experience.

Every track coach will gain from this material. No doubt about it.

Great book!

Very useful background information. Very good for reminding you to KISS!

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