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# Coaching Youth Flag Football - A Complete How To Guide For Beginners - Including Easy Plays And Drills, Equipment Lists And Advice For Building Team Spirit



## COACHING YOUTH FLAG FOOTBALL

A Complete How-to Guide for Beginners Including Easy Plays and Drills, Equipment Lists, and Advice for Building Team Spirit

BY MARIANNE AND BRIAN TANCOWNY



## **Synopsis**

Although the idea of coaching a little league football team may seem daunting at first, it is really a very fun and rewarding experience. Sometimes, coaching will be frustrating and sometimes you will wonder why you decided to take on this huge job in the first place. But there will also be days when you will share the joy of a good game with your kids or teach someone how to catch a football properly and realize that you helped make their day. Hopefully, at least some of the parents will acknowledge your time commitment and hard work. (If you are a parent reading this, please take a moment now and send an email or text to your kids' coach or manager and let them know that you appreciate them.) But if no one tells you how special you are, we are telling you right now...YOU ARE SPECIAL! Without you, our kids and other people's kids would never get to play the sports they love. Without you, there would be no such thing as a little league association in your region. Without you, there would be no NFL (or any other professional sport), because everyone must start somewhere. You are an unsung hero and you should go home at the end of each practice and feel that you have done an amazingly selfless act and helped out your community. Thank you!!! We hope that some of our advice and experience will help make your coaching experience a little less scary and a whole lot more enjoyable. Here is what this book includes:- How to prepare for your first practice, including contacting parents, paperwork, league fees and more.- Warm-ups and drills that are fun and effective.- Basic plays, with diagrams, that you can use in real games; offense, defense, running and passing.- Team building advice; how to keep your players and parents engaged and most importantly, how to make it FUN! Good Luck and enjoy your season as a new coach. Ready, set, break!

## **Book Information**

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## **Customer Reviews**

this is ideal for a new coach with little football experience and a young flag team. There is advice on running drills, plays, team building, sportsmanship and setting a positive example for the kids. Plays and formations are written for 7 on 7 games and lineman are blocking. Many leagues for youth are no blocking and 5 on 5, bear this in mind when you purchase. Overall the tone of the book is a positive, encouraging one and great for a first time coach.

This book helped assuage my anxiety as a first time coach and get me well prepared to teach the basics of football to our young players and make sure it would be lots of fun. I am very thankful for this book, which helped me, my team, our team parents kick off the season right and have a great flag football experience.

Great resource! Very useful when planning practices. I look forward to this year's season and my opportunity to apply the knowledge

If you don't know much can definitely help out, even if your experienced maybe a thing or two you might learn . For the price it's not bad to check out.

No quality info or plays provided. C'mon. This really isn't a book. Don't pay for this. Barely a help at all.

I was disappointed as this book is far too basic. Coaching young kids as a volunteer requires that you find reliable resources. I expected many more drills, plays, strategies, and unique ideas. I guess that is why it was only \$3.

This book didn't bring great technical strategies, top secret advice or complicated plays to the table. It did, however, remind or introduce to you the very basics of the game and why you are coaching in the first place. Team spirit, good sportsmanship and fun are what is stressed for the kids.

Not bad, informative and written for the mom who doesn't know squat.

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