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Youth Tackle Football: A Guide to Teaching Safer Football and Preventing Injuries

By Alan Jackson

Castle Rock Press, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The severity of injuries, including concussions, to kids playing youth tackle football can be as traumatic as to the big brutes playing college and NFL football. A high school and youth tackle football coach - and a parent of athletic sons and daughters who've had their share of injuries - after his son suffered a concussion Alan Jackson became fully aware of the devastating injuries children can sustain on the field. The more he researched long-term effects, the more worried he became about allowing kids play anything other than flag football before their bodies are strong enough to take full-force impacts. In his book Alan comprehensively discusses tackle football at the youth level; the coaches who manage the sport; the upsides and pitfalls of today's equipment; and what parents can do to help prevent injuries to their children. He reached out to professionals in the industry (Coaches Mike Miller and Matt Wells; receiver and tight end John Madsen; and Connie Jones, Certified Athletic Trainer) to get their take on whether kids should be...



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger