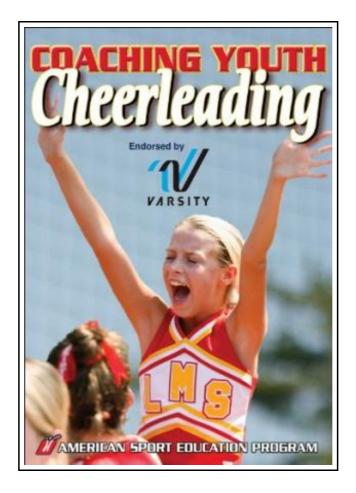
Coaching Youth Cheerleading



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Reviews

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

(Prof. Johnson Cole Sr.)

COACHING YOUTH CHEERLEADING



Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 9.9in. x 6.9in. x 0.4in. Weve got spirithow bout you As a newly anointed youth cheerleading coach, youve demonstrated that you have the spirit to coach, but what about the know-how Even if you were a cheerleader in a previous life, being a cheerleader and coaching a cheer squad are two different things. Not to worry: Coaching Youth Cheerleading will help you sort out the herkies from the handsprings and provide you with the tools and knowledge to run your cheerleading squad with confidence. Written especially for coaches of cheerleaders ages 14 and under by cheerleading heavyweights Varsity Brands and the American Sport Education Program (ASEP), Coaching Youth Cheerleading is the definitive guide for youth cheerleading coaches. Dozens of drills, games, and cheers are all supplemented by photos depicting correct form and position. Also included are introductions to techniques for performing cheers and dances, partner stunts and pyramids, and jumps and tumbling routines. Highlighted throughout the book are coaching tips you can reference quickly. In addition to the basic skills and responsibilities for cheerleading, you will gain valuable insight on general coaching concepts such as coaching philosophy, communicating with squad members and parents, and preparing for the season. Youll also learn basic sport first aid protocols for injuries and illnesses you might encounter during practices or games. A glossary of cheerleading terms, assorted forms and checklists that you can copy for use with your own squad, and 30 cheers and sidelines will help you begin building a foundation of material. Coaching Youth Cheerleading is the resource upon which the ASEP Coaching Youth Cheerleading online course is based. The course is available with the eBook version (PDF) of the book or with the printed text. New cheer coaches will especially benefit...



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