



So You Think You Can Coach Kids?: Helps You Answer That Question with a Confident-But Humble-Yes! Learn the Tricks of the Trade and the Significance of Coaching Youth Sports (Paperback)

By Sharkie Zartman

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Author Sharkie Zartman knows volleyball from every angle. With numerous national titles and hall of fame memberships as both a player and a coach, Zartman decided to start coaching kids when her daughters wanted to play volleyball. She joined with her husband, also a professional. Easy, right? With all their expertise in volleyball, Zartman and her husband soon realized that there was more to coaching kids than simply knowing how to play and coach the game at higher levels. Eleven years and four national youth titles later, she wrote *So You Think You Can Coach Kids?* to share what they learned and to help other adults avoid the pitfalls encountered when coaching youth sports. Offering helpful tips and insights into the world of sports and the impressionable minds of young athletes, this guide not only covers the basics of teaching kids how to play a sport, but it also sheds light on the hidden factors adults must consider when coaching kids. Touching on important topics such as coaching as a parent, the importance of nutrition for young athletes,...



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