



Coaching Youth Gymnastics: An Essential Guide for Coaches, Parents and Teachers (Paperback)

By Lloyd Readhead

The Crowood Press Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Coaching Youth Gymnastics is an invaluable resource for both new coaches and also for more experienced teachers. Those who train coaches will also find much of value in the book. The various disciplines of gymnastics are explained, together with how they fit into the framework of international gymnastic competition, and the author discusses various coaching styles and how they might best be applied in different circumstances. Topics covered in this new book include the role of the coach; sports psychology; floor exercise skills; coaching use of apparatus and preparing for competition.



READ ONLINE
[2.05 MB]

Reviews

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Sierra Lowe Sr.**

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be the best publication for at any time.

-- **Prof. Ron Gaylord II**