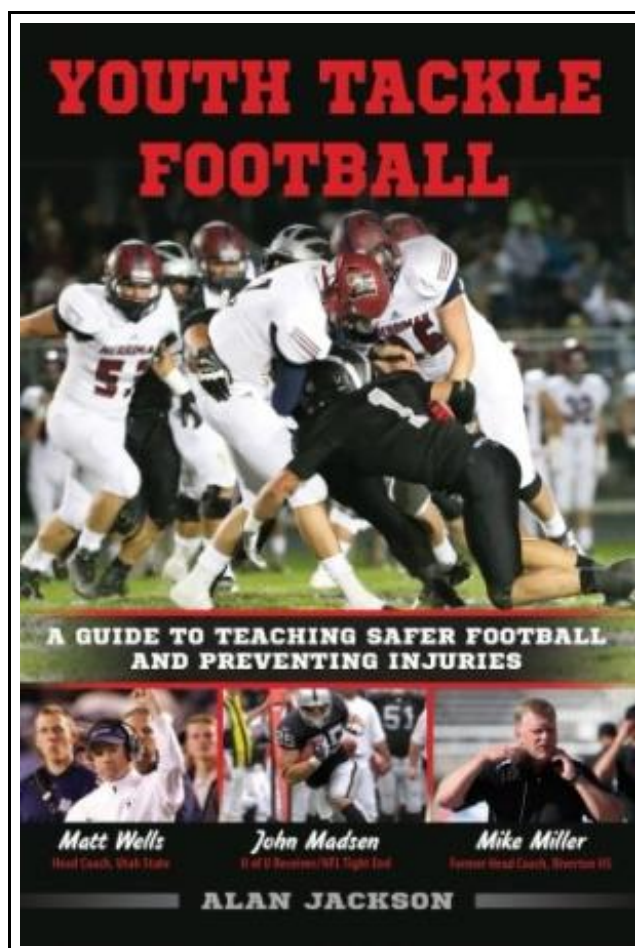


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YOUTH TACKLE FOOTBALL: A GUIDE TO TEACHING SAFER FOOTBALL AND PREVENTING INJURIES


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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 allowed to play before age 14, and the safety of equipment today. Going beyond just discussing parent and coach involvement in making sure equipment is up-to-date and is fitted well, he discusses the history of helmets; proper tackling techniques; conditioning to prevent injuries; the signs of a concussion; and studies about correct protocols to allow a player back on the field. Alan challenges the overall safety of youth football, including playing hurt versus injured just to win a game. Putting the responsibility on the coach s shoulders, he discusses good coaching versus bad coaching, and whether to allow a kid...

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