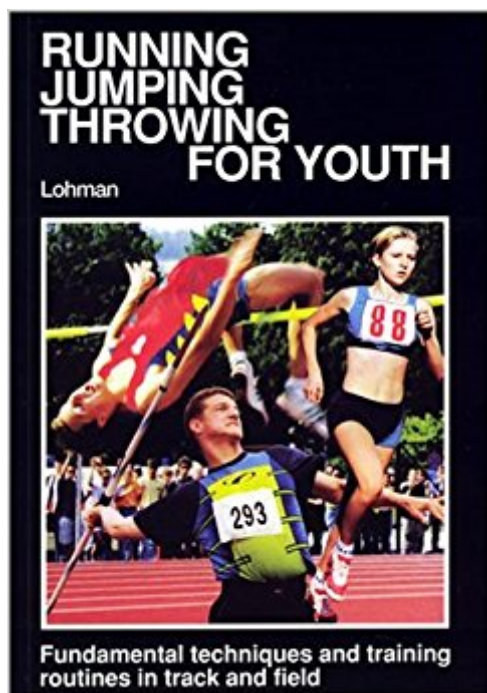




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Running Jumping Throwing For Youth



Synopsis

Written for young athletes, 12-18 years old, who are interested in learning on their own the fundamental techniques and tactics, how to schedule practice, and how to plan and test individual progress over time. A wide variety of drills and games for the young players that can be done individually and in small groups are presented. The text is richly illustrated throughout. If read carefully, this book should serve as a comprehensive and reliable source of advice on physical, technical, and tactical aspects of the activities. Written for all youth interested in training independently. An excellent manual for the P.E. teacher and the beginning and intermediate coach as well.

Book Information

Paperback: 154 pages

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Language: English

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Product Dimensions: 7.8 x 5.5 x 0.4 inches

Shipping Weight: 8 ounces

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Best Sellers Rank: #4,528,016 in Books (See Top 100 in Books) #88 in [Books > Teens > Personal Health > Fitness & Exercise](#) #454 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #626 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

You've all heard of the budding young track star who is spectacular in one sport, but whose grades in P.E. class always seem to be low. The main reason is that health depends on all-round physical development, and proficiency in one sport only can be detrimental to the development of good general health and physical well-being. The student who shows ability in a wide range of activities brings home the best P.E. grades. All-round training is also the most reliable foundation for achieving a high level of performance in a specialized field, e.g., track and field, tennis, basketball, soccer, etc. This foundation is acquired most quickly and effectively in childhood and adolescence.

It pays to begin with a varied training program even if your ultimate goal is to specialize in one particular event. Such a program might include activities as diverse as gymnastics, swimming, hardball, soccer, and basketball. Similarly, even if you have decided to specialize in a specific track event, such as high jumping or discus throwing, your training program should embrace a wide variety of other track and field activities as well. This book contains a wide variety of exercises for the track and field athlete that can be done individually, in small groups, and with or without the assistance of your coach or P.E. teacher. Of course, you are encouraged to ask for advice from others--your P.E. teacher, your coach, and even your parents. Whatever approach you feel comfortable with, if you combine the independent practice exercises contained in this book with formal training in track and field, we are confident you will find the book extremely beneficial.

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