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Joseph L. Rogers, USA

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Inc., Indianapolis, IN.

This book presents comprehensive, ready-to-apply information from 33 world-class coaches and experts about major track and field events for high school and college coaches. The volume features proven predictive testing procedures; detailed event-specific technique instruction; carefully



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crafted training programs; and preparation and performance tactics for successful competition.

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shared knowledge

imparts fresh ideas into  
any coaching

repertoire. ” Karen

Dennis Head Coach,

Women's Track and

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2000 Olympic Games

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LA84 Foundation Track  
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Manual Aimed at the  
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Written by the  
American Sport  
Education Program  
(ASEP) in conjunction  
with Matt Lydum and  
other experts from  
Hershey's Track & Field  
Games and USA Track  
& Field (USATF),  
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Rosemary Radford  
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2000, 316 pages, Joseph

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The manual provides information that will help the beginning coach understand the duties and responsibilities of a coach and how to

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conjunction with Matt  
Lydum and other  
experts from Hersheys  
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activities specifically

designed for young track

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complete and useful  
track and field coaching  
resource available  
today.

A compilation of the  
latest techniques and up-  
to-date coaching  
principles to help  
athletes at every level



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improve their track and field performances. This manual details effective training programs for track and field events. Over 200 illustrations will enhance your athletes' knowledge of proper form and mechanics. The manual also includes complete instructions for planning training sessions and hosting competitions.

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Although ideal for high school settings, every coach from college level to youth sport will want this updates edition of the ultimate track and field coaching handbooks.

Jay Silvester's guide presents the reader with in-depth analysis and teaching of the skills and techniques required for

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javelin and the hammer.

Maximize your jumping potential with Complete Book of Jumps! Coaches Ed Jacoby and Bob Fraley draw on their combined 60 years of coaching experience to help long jumpers, triple jumpers, high jumpers, and pole vaulters achieve new personal

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records. They break

down each event into

key phases - from

approach to landing - to

teach proper jumping

technique and to show

jumpers how to avoid

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development program

specifically for jumpers

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and Treatment of

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Injuries, Nutrition and Ergogenic Aids, Putting a Training Program Together, and Psychological Preparation: Getting Into the Flow. The book also includes an appendix with sample training programs and a glossary of throws training terminology. Large format with dozens of diagrams and



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Try to recall the best coach you ' ve ever had. Consider what differentiated them from other coaches; what made them so effective? Was it their knowledge and programming, or did it come down to the way they communicated with you and the way they made you feel?

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While the former are critical, it is a coach ' s words that set them apart from the rest. The Language of Coaching focuses on the impact that communication has on an individual ' s ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback,

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and cueing can significantly affect training outcomes.

Grounded in motor learning and the science of attentional focus, Winkelman takes you on a journey, guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support. Packed

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with stunning visuals, the book provides over 25 movement sequences that outline different types of coaching cues, including a visual depiction of unique analogies, such as a sprinter taking off like a jet or an athlete loading into a jump like a spring. The book is filled with a comprehensive collection of cueing

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frameworks that guide you through the process of creating your own cues for any movement you want to teach. You will also learn how to engage in more productive conversation with your athletes through sample dialogue that uses the book 's cueing philosophy. Whether you are new to coaching or a seasoned

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