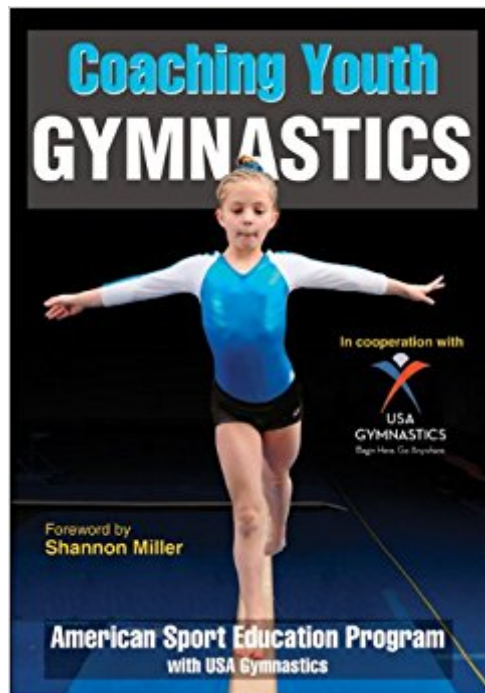




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# Coaching Youth Gymnastics (Coaching Youth Sports)



## Synopsis

Coaching Youth Gymnastics covers all the basics of coaching and gymnastics in a concise style that is customized for entry-level gymnastics coaches. Developed by ASEP in cooperation with USA Gymnastics, this one-of-a-kind book offers a unique blend of general coaching and sport-specific information. The book's 600-plus photos will help you understand skill technique and decide what skills to teach your athletes. Included are Coaching Tips boxes that highlight key concepts, in addition to information on developing a coaching philosophy, communicating with athletes and parents, and providing basic sport first aid. The latest information regarding concussions and CDC protocols is also addressed. The book contains forms and safety checklists and sample lesson and practice plans to help you stay on task. Techniques and skills for bars, floor, beam, and vault are presented by skill level rather than by age groups and are applicable to both boys and girls where appropriate. Information on falling and landing as well as suggestions on activities, conditioning, and games are provided. The expertise of USA Gymnastics and ASEP's proven success in coaching education will ensure that you are adequately prepared for the challenges of coaching youth gymnastics. With content aimed at developing the entire coach, not just skills and drills, Coaching Youth Gymnastics will help you to create an environment that promotes learning, enjoyment, safety, and motivation for youth gymnasts.

## Book Information

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## Customer Reviews

Kathy Feldmann, vice president of membership services at USA Gymnastics, has been involved in

gymnastics for over 40 years. She has been a high school and college coach, physical education and health teacher, and private gymnastics club owner. Currently she holds a brevet rating as a women's gymnastics official. Before assuming her current role, Kathy held positions in the USA Gymnastics organization as a national, regional, and state chair. She has been a USA Gymnastics collegiate liaison, commissioner of officials for Massachusetts high schools, delegation leader for world championships in 1994, and team leader for World University Games in 1995, 1997, and 1999. Kathy judges competitions for the Junior Olympic level as well as the collegiate level. She has officiated at numerous national, Olympic Trials, and international events. She was a technical assistant official at the 1996 Olympic Games in Atlanta. Kathy has been at the USA Gymnastics national office since 1997 and as vice president oversees the three divisions of membership, club services, and educational services. She is the director of the annual national congress and trade show, which is the largest educational event conducted by USA Gymnastics. Loree Galimore (director of club services) and Carisa Laughon (former director of educational services) contributed to the writing and development of this manual. Loree Galimore is a former gymnast, club owner, coach and is a national NAWGJ women's gymnastics judge. She has worked with USA Gymnastics for 14 years and is now the Director of Club Services. She helps people with the business of gymnastics, industry statistics and marketing the sport of gymnastics.

This was the book that I had been looking for. As the father of two active young gymnasts, I often found the coach coming to me to lend a eye, or hand, or encouragement. Not knowing much about gymnastics, I always felt somewhat awkward, especially when the other gymnast started referring to me as "coach." Seeing that I could be doing this for a long time, I figured I better get some help. This was the best of the best of all of the books I researched. Even better was the fact I could download it on my Kindle Fire and have it on-hand for practices and not have it look like I was reading a book about coaching! ; ) Seriously, if you are a coach and want a good all-around brush-up. Or, if you are enlisted parent like me, get this book!

Good but I would like to see some higher skills such as a back hand spring.

I am new to the sport of gymnastics and wanted a book that talked about it all and a detailed look at it all. This book did it. It is also a great book on coach youth sports in general. Replace gymnastics with baseball, football, or basketball, etc. in most of the chapters and it will help you coach those sports (this is a lot of gymnastics specifics also). it can also apply to leadership at work or in other

situations. I am enjoying the book.

Very informative!

Very informative book

VERY good book! It covers not only gymnastic skills and drills for each event, but also had many very helpful chapters for coaches w info regarding meets, examples of daily plan schedules, rotation sheets for practice, positive coaching information, ect. I got more than I needed out of this book

Even for someone who knows virtually nothing about youth gymnastics, this is a great guide to the sport. The illustrative pictures are excellent, and the descriptions are very well written - clear, concise, and interesting. As far as I can tell, as a neophyte, the breadth of coverage is excellent. While we are not intending to coach the sport, this book has made us, and our gymnast, feel much better informed.

It was very informational and read like a text book. It is exactly what I thought it would be. I am not going to say that I loved it because like I said, it reads like a text book.

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