



# Coaching Youth Football - 5th Edition (Coaching Youth Sports)

*American Sport Education Program, Joe Galat*

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Whether you're a parent new to coaching or an experienced youth coach, *Coaching Youth Football* is your handbook for a successful season. Through the expertise of former NFL coach and current AYF president Joe Galat and American Youth Football, you'll gain field-tested tips on running your team, communicating with and handling players, providing basic first aid, planning and conducting practices, drawing up plays, and keeping it all fun.

This fifth edition features updated information and an enhanced section about players' safety on the field, including new information on concussion from the Centers for Disease Control and Prevention. Fundamentals of offense, defense, and special teams are covered in depth, supported by more than 70 drills and over 60 photos and illustrations. Ideal for coaches of players ages 14 and under, this book is also a valuable component of the *Coaching Youth Football* online course, the official course of AYF offered by the American Sport Education Program. With this book, you will create an environment that promotes learning, enjoyment, and motivation so that players will come out for the team year after year.

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