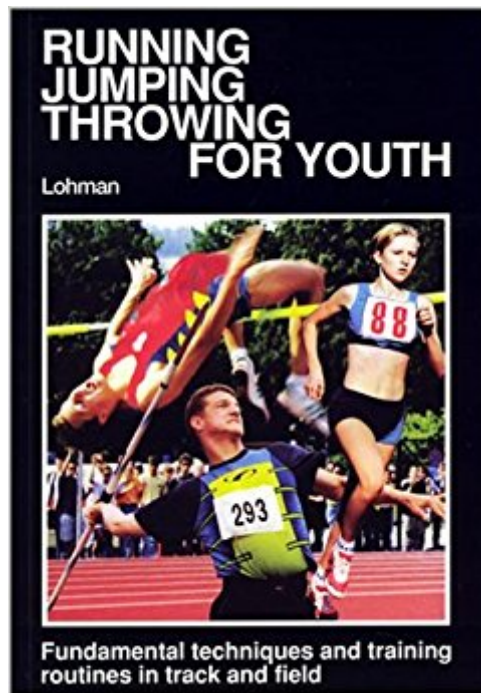




Ebook Directory
the best source of ebook

The book was found

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

Publisher: Sport Books Publishers (November 1, 1990)

Language: English

ISBN-10: 0920905323

ISBN-13: 978-0920905326

Product Dimensions: 7.8 x 5.5 x 0.4 inches

Shipping Weight: 8 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,528,016 in Books (See Top 100 in Books) #88 inÂ Books > Teens >

Personal Health > Fitness & Exercise #454 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #626 inÂ 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.

[Download to continue reading...](#)

Knife Throwing | Throwing Knives | Knife Throwing For Street Combat Survival Running Jumping Throwing for Youth Bridal Bargains, 8th Edition: Secrets to throwing a fantastic wedding on a realistic budget (Bridal Bargains: Secrets to Throwing a Fantastic Wedding on a Realistic Budget) Bridal Bargains, 9th Edition: Secrets to Throwing a Fantastic Wedding on a Realistic Budget (Bridal Bargains: Secrets to Throwing a Fantastic Wedding on a Realistic Budget) Combat Knife Throwing: A New Approach to Knife Throwing and Knife Fighting, Revised and Updated (illustrations) My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log Practicing Discernment with Youth: A Transformative Youth Ministry Approach (Youth Ministry Alternatives) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) The Ultimate Beginners Running Guide: The Key To Running Inspired Chi Running: A Training Program for Effortless, Injury-Free Running Running: A Love Story: How an overweight radio DJ got hooked on running marathons Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball Drills) My Running Journal: Personal Training Athletic, 6 x 9, 52 Week Running Log My Running Journal: Pink Shoe, 6 x 9, 52 Week Running Log My Running Journal: Runners, 6 x 9, 52 Week Running Log Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Healthy Running Step by Step: Self-Guided Methods for Injury-Free Running: Training - Technique - Nutrition - Rehab The Campaign Manager: Running and Winning Local Elections (Campaign Manager: Running & Winning Local Elections) Running Warsaw (Running the EU Book 27)

Contact Us

DMCA

Privacy

FAQ & Help