



Youth Track & Field On-Track Event Drills, Strategies and Games Free Flow Handbook (Ebooks 5)

Bob Swope

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This is a practical handbook for youth coaches. It has 60 drill, strategy and game variations to use, complete with illustrated diagrams, and an explanation of how each one works. And all the drills and games are numbered for easy reference between coaches. It covers most of the youth on the track events and fundamentals that the younger kids, especially the 6 -14 years old kids are running, which are the levels of; Primary, Sub Bantam, Bantam, Roadrunner, Midget, Cub, Youth and Cadet. These drills and games are designed to get your kids started with their basic fundamentals, and some sample schedules to use.

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