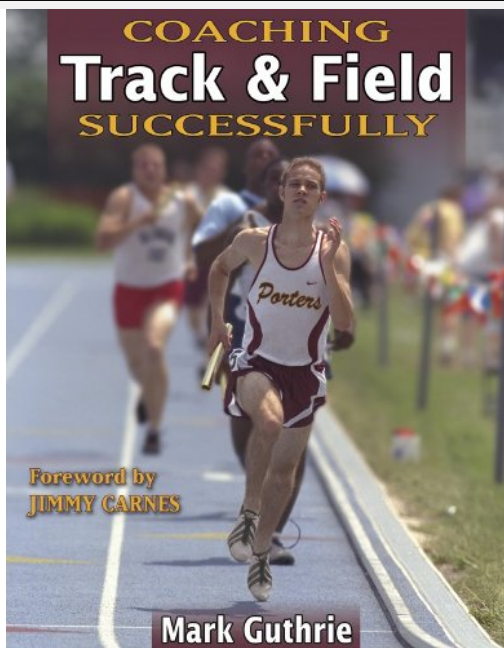

PDF Coaching Track and Field Successfully (Coaching Successfully Series) - Online



Book Details

- New
- Mint Condition
- Dispatch same day for order received before 12 noon
- Guaranteed packaging
- No quibbles returns



Book Synopsis

This book presents coaches with a blueprint for building a successful track and field programme including information on managing the team off the track, planning for big events and motivating athletes to excel. Coaches should learn about coaching philosophy and the evaluation chapters will challenge even the most experienced coach to take another look at their programme. Mark Guthrie gives coaches valuable drills, teaching progressions and coaching tips. The book also provides readers with insights into the formula Coach Guthrie has used to produce championship teams, season after season.
