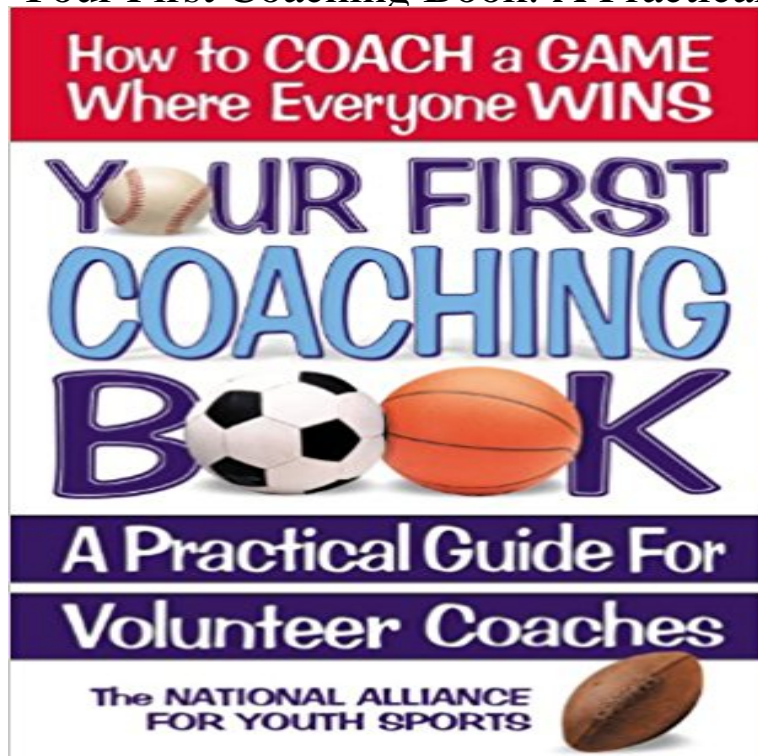


# Your First Coaching Book: A Practical Guide for Volunteer Coaches



As a youth sports volunteer, you should get used to wearing many hats, for you'll be not just a coach, but also a teacher, friend, and confidant. Coaching can be rewarding, but if you venture into the season unprepared, the role can be a frustrating one. Enter *Your First Coaching Book*. Created by The National Alliance For Youth Sports, it provides valuable tips on how to encourage fun and good sportsmanship, maximize basic skill development, deal with inappropriate behavior from players and parents, and prevent injuries by maintaining high safety standards. Whether you're a first-year coach or a seasoned veteran, the children on your team will remember you and their sports experience for the rest of their lives. *Your First Coaching Book* will help ensure that these memories are happy ones.

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