

# COACH'S CORNER

## Books, DVDs, and websites for youth coaches

### Books available at the Wyckoff Library

#### **GENERAL**

***Changing the game: the parent's guide to raising happy, high-performing athletes and giving youth sports back to our kids* by John O'Sullivan**

Call # 796.083 OSU

Conventional wisdom holds that youth sports are a positive experience for our children.

Unfortunately, 70% of kids drop out of organized athletics by the age of 13. Most of these children quit because our youth sports culture has taken the 'play' out of 'play ball.' Changing the Game is a call to action to reverse this trend. It will change how you think about youth sports. It will teach you the secrets of high performance. It will help your children to perform better. And it will put the "play" back in "play ball" for all of our young athletes. Are you ready to take action? Are you ready to change the game?

***The double-goal coach : positive coaching tools for parents and coaches to honor the game and develop winners in sports and life* by Jim Thompson (2003)**

Call # 796.077 THO

The Double-Goal Coach is filled with powerful coaching tools based on Jim Thompson's Positive Coaching Alliance. These strategies reflect the "best-practices" of elite coaches and the latest research in sports psychology. The lessons and activities can be used in the very next practice to make sports fun and to get the best from players. The Double-Goal Coach provides the framework for coaches and parents to transform youth sports so sports can transform youth -- allowing young athletes to enjoy sports while learning valuable life lessons.

***The wisdom of Wooden: my century on and off the court* by John Wooden (2010)**

Call # 796.323 WOODEN

Hailed by many as the greatest coach in the history of American sports, John Wooden is as famous for his personal philosophy as he is for his career achievements. Starting with his father's now-famous 7 Point Creed--including "Make Each Day Your Masterpiece," "Help Others," and "Be True to Yourself,"--Coach Wooden affirms the principles to true success that helped him become an All American at Purdue University, a winning coach at Indiana State University, and an iconic sports figure at UCLA.

#### **BASEBALL**

***Coaching the Little League hitter: teaching your players to hit with skill and confidence* by John J. Monteleone (2004)**

Call # 796.35762 MON

Packed with valuable information on how to help their players improve at the plate, this guide takes coaches and parents step by step through: Correct techniques of hitting Developmental practice drills Skills kids need to bat .300 And how to have fun along the way.

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### ***Managing little league baseball by Ned McIntosh (2008)***

Call # 796.35762 MCI

Learn how to manage your youth team to success with its "teach basics and have fun" approach, *Managing Little League Baseball* is dedicated to helping you teach baseball fundamentals to boys and girls while emphasizing how to make the experience rewarding for you and your players. Fully approved by Little League Baseball® and illustrated with instructive photos and diagrams, this book will give you the tools you need to develop prepared ballplayers. Inside you'll learn: The fundamentals of hitting, base running, defense, and pitching. Tips on motivating players, game strategy, and special challenges such as competitive pressure and demanding parents.

### ***Youth baseball drills by Peter Caliendo (2014)***

Call # 796.3576 CAL

Coaches know the importance of drills. The cornerstone of most practices, they are essential in developing player skills and team execution. For younger players, however, the best drills go one step further. They engage the player, promote teamwork, and establish a lifelong love of the game. "Youth Baseball Drills" is a comprehensive collection of more than 100 of the very best team drills for young players and their coaches. Developed specifically for players aged 6 to 18, the drills teach and reinforce fundamental skills such as these: - Hitting - Bunting - Fielding - Catching fly balls - Throwing - Pitching - Base running. Easy to understand and easier to implement, each drill is accompanied by step-by-step instructions, equipment needs, field diagrams, and key coaching points. And the ready-to-use 30-, 60-, and 90-minute practice plans help coaches put them to use and create enjoyable and productive practices.

### ***Coaching youth baseball (2007)***

Call # 796.357077 COA

*Coaching Youth Baseball*, Fourth Edition, stresses fun, safety, and effective instruction, helping you create an environment that promotes learning, encourages a love of the game, and motivates your athletes to come out year after year. Numerous coaching books present the skills and drills of baseball. But here's a book that teaches you how to convey these skills to your athletes in an engaging and positive manner.

## **BASKETBALL**

### ***Coaching youth basketball (2012)***

Cal # 796.323 COA

"*Coaching Youth Basketball*, Fifth Edition," will help you run organized practices as you develop your players' fundamental skills. Preparing for and conducting efficient, age-specific practices - Teaching and developing skills - Providing a safe playing environment - Identifying and correcting errors in performance - Communicating with and encouraging players. You'll also gain court-tested tips on running your team; communicating with players, officials, parents, and other coaches; providing basic first aid; and keeping it all fun. The book contains drills and coaching tips that are sure to jump-start

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your practices and improve players' performance. In addition, you receive many photos and diagrams to facilitate your understanding of the skills and drills. Ideal for coaches of players ages 5 to 14.

### ***The baffled parent's guide to great basketball drills by Jim Garland (2002)***

Call # 796.323 GAR

Written by a teacher and basketball coach with more than three decades of experience, Great Basketball Drills offers 125 games that will keep practices fresh and kids moving and excited. Here is a fun, engaging alternative to traditional rote drills, with games designed to teach basic skills, sharpen reflexes, and build confidence and decision-making ability. Great Basketball Drills is a sure bet to end practice boredom. A fun, original games approach to drilling young players 125 simple, skill-building games that keep kids moving Quick-access troubleshooting chart lets coaches easily match drills to problem areas.

### ***Coaching basketball technical and tactical skills (2007)***

Call #: 796.323 COA

Numerous coaching books cover the skills and drills of basketball, but very few hit on the tactical skills of the game--the situational decisions players and coaches make that often determine the outcome of games. Technical skills (such as dribbling, shooting, and rebounding) are examined in depth, as are the tactical skills (such as the give-and-go, backdoor cut, and trapping). More than 195 photos and illustrations bring the basic to intermediate skills to life, while sample season and practice plans will help you in your preparation. You'll find quick tips on how to detect and correct errors in both male and female athletes, cues they need to be aware of in various tactical situations, and key information they need in order to make the appropriate on-court decisions.

### ***The baffled parent's guide to coaching youth basketball by David Faucher (2000)***

Call # 796.323077 FAU

David G. Faucher shares his successful "full-participation model" of coaching youth basketball in this Baffled Parent's Guide. Faucher, the head coach of the men's basketball team at Dartmouth College, covers creating good habits, offensive skills and defensive basics, dealing with parents, first aid and safety, and game rules.

### ***Basketball skills & drills by Jerry Krause (2008)***

Call # 796.323 KRA

Basketball Skills & Drills provides a perfect blueprint for building the foundation that every well-rounded player needs. This special book and DVD package demonstrates each key skill: Player positioning, Moving without the ball, Shooting, Passing, catching, and dribbling, Perimeter moves, Post moves, Defense, Rebounding, The skills and 90 drills, coaching tips, and DVD reinforce the skill instruction, emphasize key points, and explain how to correct common errors. And since individual skills are effective only when used within the team concept, the book also covers key team principles for both ends of the court. Tactics for offense, including special situations such as out-of-bounds plays, will improve spacing, ball and player movement, shot selection, and scoring. Defensive tactics emphasize positioning, pressure, and various systems to apply in each area or level of the court.

## **FOOTBALL**

### ***The parent's guide to coaching football by John P. McCarthy (1995)***

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Call # 796.332 MCC

Handbooks in "The Parent's Guide" series serve as the perfect step-by-step introductory primers for parents and coaches. Written in an easy, conversational style, these books cover all the basic skill-building techniques, rules of the games, proper equipment, and first aid. In addition to the physical skills of the game, these guides focus on team spirit, the importance of fair play and overall fun. Special attention is paid to developing a child's confidence and self-esteem, as well.

### ***Football--the fundamentals by Bryant Lloyd (1997)***

Call # JJ796.332 LLO

Describes the fundamental aspects of football, including the coaching, the teams, and such moves as blocking, passing, tackling, and kicking.

## LACROSSE

### ***Men's lacrosse by Don Zimmerman & Peter England (2013)***

Call # 796.347 ZIM

In "Men's Lacrosse," coaching legend Don Zimmerman joins forces with Peter England to present the skills and strategies you need to take your game to the next level. From individual technique to team execution, "Men's Lacrosse" covers it all. With detailed instruction, expert advice, and personal insights from a Hall of Fame coach, you'll learn to improve these skills: - Fundamentals such as passing, scooping, feeding, cutting, dodging, and finishing - Shot power, accuracy, selection, and placement for high-percentage scoring - Goalkeeping techniques such as stick work, clearing, positioning, and challenging shots - Offensive opportunities by using field position, forcing turnovers, and taking advantage of player match-ups. You'll also find more than 25 of the very best drills for skill development, training and conditioning, and team execution. With in-depth coverage of the most effective offensive and defensive schemes, tactics, and strategies for today's game, "Men's Lacrosse" is essential reading for serious players and coaches alike.

### ***Winning women's lacrosse by Kelly Amonte Hiller (2010)***

Call # 796.347 HIL

Winning Women's Lacrosse covers it all. Through expert instruction, coaching tips, and one-of-a-kind insights into the sport, you'll learn to -develop the individual offensive and defensive skills of the game, master the specialty skills of field players and goalkeepers, train like a champion with sport-specific conditioning drills, sharpen individual and team execution with situational drills, and maximize potential by making the most out of practice time. Whether you're a player or a coach, Winning Women's Lacrosse will prepare you for success at every level. Let it be your guide to championship play.

## SOCCER

### ***Coaching youth soccer (2011)***

Call # 796.334 COA

You might be a parent who has never played soccer, but you now find yourself on the sidelines wondering what you've gotten yourself into. Written by ASEP in conjunction with Sam Snow, director of coaching for US Youth Soccer, "Coaching Youth Soccer" is the resource for coaches of athletes ages 14 and under. It presents sport- and age-specific coaching tips and advice as well as general coaching principles and information on sport first aid that coaches need for success on and off the field.

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Chapters on attacking and defending, along with a new chapter on goalkeeping, are included to provide more in-depth information on playing these positions. The sport first aid section has been expanded to include guidelines from the Centers for Disease Control and Prevention on dealing with concussion (soccer is second only to football in frequency of concussion).

### ***Soccer skills & drills by James W. Lennox (2006)***

Call # 796.334 LEN

This comprehensive instructional guide for players and coaches alike teaches the techniques necessary for success as well as games and drills to hone your skills to perfection. Learn to dribble, receive, pass, shoot, head, tackle, and guard the goal with guidance from the National Soccer Coaches Association of America, the top coaches' organization in the United States. Then use the 80 progressively arranged games and drills to practice those skills in competitive situations and small-sided games.

### ***Teaching soccer fundamentals by Nelson McAvoy (1998)***

Call # 796.334 MCA

As a soccer coach, you need to know how to teach basic skills and run solid practices. Teaching Soccer Fundamentals explains how to maximize young athletes' learning of essential techniques and tactics through fun and efficient practice sessions. Including helpful photographs and illustrations as well as instructions that are easy to understand and apply, this book shares more than 30 years of soccer coaching experience. Author Nelson McAvoy offers tips for maintaining kids' short attention span and methods for boosting participation, including short-sided games.

### ***Coaching youth soccer : the guide for coaches, parents and athletes by John P. McCarthy (2007)***

Call # 796.334 MCC

Anyone interested in coaching youth soccer will find all they need in this text. It offers advice on how to promote positive athletic competition while effectively teaching kids sports fundamentals.

### ***Coaching kids' soccer : fun, safe and positive soccer for all ages by Stuart Page (2008)***

Call # 796.334 PAG

Handbook for coaches, teachers and parents to organizing, running and managing youth soccer.

### ***Coaching girls' soccer successfully by Debra LaPrath (2009)***

Call # 796.334 LAP

Coaching Girls' Soccer Successfully covers every aspect of the coach's role: Developing and perfecting skills, Evaluating players and defining their roles, organizing productive practices, Scouting and preparing for games, Adding variety to training, Developing leadership qualities, Motivating the team, Communicating on and off the field. Featuring seasonal training plans, drills for developing fundamental to advanced skills, and advice for handling off-the-field challenges.

### ***How to coach a soccer team : professional advice on training plans, skill drills, and tactical analysis (2006)***

Call # 796.334 CAR

Tony Carr knows what it is to be a great coach--some of his students in London's famed West Ham United Academy have gone on to earn international honors. Here are the secrets of his success, illustrated in detail and arranged to follow a full season, from the first session to the final game. Carr

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explains how to assess players and provides complete training sessions, including warm-ups and cool-downs. He devotes a full chapter to ball skills--a bedrock of the game--as well as to team play, goalkeeping, and problem-solving.

### **SOFTBALL**

#### ***The softball coaching bible (2009)***

Call # 796.3578 SOF

In *The Softball Coaching Bible*, 28 of the top U.S. coaches share their principles, insights, strategies, methods, and experiences to help you enhance the experience and development of your own athletes. The text provides the finer points of coaching softball, presented in an engaging manner that makes the contents easy to apply to your own ball club. The topics range from teaching the best skills and drills to subjects rarely written about, such as developing responsible athletes and building character and loyalty in players.

#### **Coaching softball: technical and tactical skills (2009)**

Call # 796.3578 COA

Unlike other softball instruction books, *Coaching Softball Technical and Tactical Skills* goes beyond teaching the technical basics and focuses on skills such as in-game decision making and detecting the strengths and weaknesses of opponents--the tactical skills--to prepare players for game day. *Coaching Softball Technical and Tactical Skills* features cues to help you teach your athletes the fundamental technical and tactical skills, over 175 photos depicting the appropriate techniques, and examples of season and practice plans to help you prepare for games. Skills are organized and cross-referenced so you can see how they relate to each other.

### **TENNIS**

#### ***International book of tennis drills: over 100 skill-specific drills adopted by tennis professionals worldwide (1993)***

Call # 796.342 INT

Recommends over one hundred drills for improving tennis skills, including information about objectives, procedures, and variations.

#### ***A parent's guide to coaching tennis by Pierce Kelley (1995)***

Call # 796.342 KEL

Covering all the elements--equipment, conducting a practice session, how and when to choose a tennis pro--this revised edition also includes illustrations that show correct stance and strokes, step-by-step instructions on how to coach a child, technique building drills and exercises, and a glossary of tennis terms.

\*book descriptions adapted from BCCLS listings or publisher information.

## **DVDs available at the Wyckoff Library**

***Backyard soccer drills*** Call #: DVD 796.334 BAC

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**34 soccer goalie drills** Call # DVD 796.334 THI

**Go tennis by Rolf Flichtbeil** Call # 796.342 FLI & DVD

**The fundamentals of pitching** Call # DVD 796.357 BAS

**Advanced toss and batting tee drills** Call # DVD 796.357 ADV

**Youth football : skills and drills** Call # DVD 796.323 YOU

## Tips for finding material in other BCCLS libraries

There are even more books & DVDs available at other BCCLS libraries! You can request items from **77 libraries** and they will be sent to the Wyckoff Public Library for pick-up. Or you may take your Wyckoff library card in person to borrow materials from other BCCLS libraries. You can ask a librarian for assistance in locating additional material or search the catalog yourself.

- Go to [www.bccls.org](http://www.bccls.org)
- In the search box, enter a combination of the following keywords:
  - the sport you will be coaching
  - coach\*
  - skill\*

For example: "softball coach" or "lacrosse coach\*"

- You can narrow your search by publication date by selecting specific years on the left side of the page.

## Web Resources

[www.youthsports.rutgers.edu](http://www.youthsports.rutgers.edu)

[www.positivecoach.org](http://www.positivecoach.org)

[www.changingthegameproject.com](http://www.changingthegameproject.com)

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