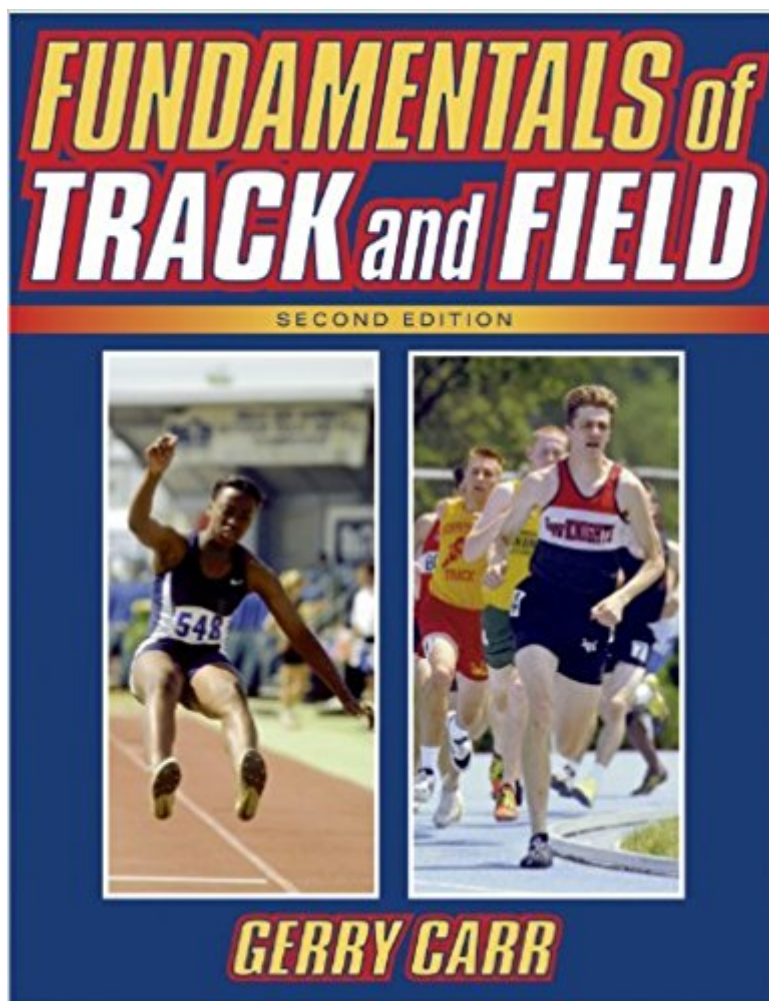


The book was found

Fundamentals Of Track And Field, Second Edition



Synopsis

Teaching correct techniques in track and field can be a challenge, especially for less experienced coaches and physical educators. The broad range of knowledge required to teach and coach so many varied events makes track and field one of the most technically complex sport areas to master. Fundamentals of Track and Field simplifies the learning and teaching process with clear, progressive instruction. Coaches and physical educators will find the book especially useful, answering common questions such as, "What sequence of lead-ups and drills should be used?" and "How do I make my teaching and coaching environment as safe as possible?" Written by former Olympic athlete and veteran coach Gerry Carr, this book presents valuable information for teaching and coaching every track and field event, including such frequently excluded events as the 400-meter hurdles, steeplechase, triple jump, hammer throw, and race walking. For each event, the book provides: - step-by-step instructions progressing from basic skills to intermediate techniques; - practice drills to learn and master each essential skill; - troubleshooting tables that list common technique errors and corrections; - coaching tips to improve instruction and organization; and - safety suggestions, performance standards, and assessment tools. Accompanying the written material are nearly 300 high-quality illustrations that show correct technique in sequential detail for each event. Plus, throughout this attractive, reader-friendly book, you'll find special coaching tips to highlight key points. Fundamentals of Track and Field is the best book on the basics in each event. It is the starting point for all those who dream of one day winning a gold medal.

Book Information

Paperback: 304 pages

Publisher: Human Kinetics; 2 edition (July 15, 1999)

Language: English

ISBN-10: 0736000089

ISBN-13: 978-0736000086

Product Dimensions: 8.5 x 0.7 x 11 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 16 customer reviews

Best Sellers Rank: #291,120 in Books (See Top 100 in Books) #99 in [Books > Sports & Outdoors > Other Team Sports > Track & Field](#) #347 in [Books > Medical Books > Medicine > Sports Medicine](#) #480 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#)

Customer Reviews

""Fundamentals of Track and Field provides a systematic and friendly approach to the introduction of track and field fundamentals for physical educators, beginning coaches, and young athletes. This book is a must for your professional library.""Mark R. GuthrieHead men's track and field coach, University of Wisconsin at La Crosse11 NCAA Division III indoor and outdoor national championships ""A great book for training and developing new coaching talent for track and field. Super for assisting young coaches in planning practices and seasonal training, and valuable for experienced coaches, too.""Mike HolmanTrack and field and cross-country coach, Lawrence Central H.S., Indianapolis, INNorth Region Chair, USA Track and Field Men's Development "

"Fundamentals of Track and Field provides a systematic and friendly approach to the introduction of track and field fundamentals for physical educators, beginning coaches, and young athletes. This book is a must for your professional library."Mark R. GuthrieHead men's track and field coach, University of Wisconsin at La Crosse11 NCAA Division III indoor and outdoor national championships"A great book for training and developing new coaching talent for track and field. Super for assisting young coaches in planning practices and seasonal training, and valuable for experienced coaches, too."Mike HolmanTrack and field and cross-country coach, Lawrence Central H.S., Indianapolis, INNorth Region Chair, USA Track and Field Men's Development

Excellent reference.Author has produced a worthy contribution to this sport.Very good text and for most of the diagrams.In many diagrams I dis-agree with how the lead-leg ankle-angles at take-off and landing are illustrated.Hammer section shows sequences with serious technical errors. Just ignore that chapter.

This book was in very good condition and it was very helpful.

This book is one of the best out there on Track and Field coaching. I recommend it to all , especially to the young and inexperienced coaches.Raynold John

Awesome and in excellent condition informative

Nice addition to the collection

Great guide for track coaches

Organized guide to teaching the basics of track & field. Useful information for new and experienced coaches as well as runners.

ok

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

Track & Field News' Big Gold Book: Metric Conversion Tables for Track & Field, Combined Decathlon/Heptathlon Scoring and Metric Conversion Tables, and ... the Track Fan, Athlete, Coach and Official Fundamentals of Track and Field, Second Edition Airframe Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) General Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Powerplant Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) Off Track Planet's Brooklyn Travel Guide for the Young, Sexy, and Broke (Off Track Planet's Travel Guide) Fast Track Phonics Audio CD (Fast Track (Audio)) The Fast Track To Your Technician Class Ham Radio License: Covers all FCC Technician Class Exam Questions July 1, 2014 until June 30, 2018 (Fast Track Ham License Series) The Fast Track to Your General Class Ham Radio License: Covers all FCC General Class Exam Questions July 1, 2015 until June 30, 2019 (Fast Track Ham License Series) Ottawa Fast Track (Fast Track (Mapart)) Plastic Injection Molding: Mold Design and Construction Fundamentals (Fundamentals of Injection Molding) (2673) (Fundamentals of injection molding series) Plastic Injection Molding: Product Design & Material Selection Fundamentals (Vol II: Fundamentals of Injection Molding) (Fundamentals of injection molding series) Field Guide to Binoculars and Scopes (SPIE Field Guide Vol. FG19) (Apie Field Guides) A Field Guide to Western Reptiles and Amphibians: Field marks of all species in western North America, including Baja California (Peterson Field Guides(R)) 2017 NFHS Track and Field and Cross Country Rules Book Peterson Field Guide to Freshwater Fishes, Second Edition (Peterson Field Guides) The Princeton Field Guide to Dinosaurs: Second Edition (Princeton Field Guides) Track and Field Takedown (Jake Maddox Sports Stories) The Science Behind Track and Field (Science of the Summer Olympics) Make Me the Best at Track and Field (Make Me the Best Athlete)

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)