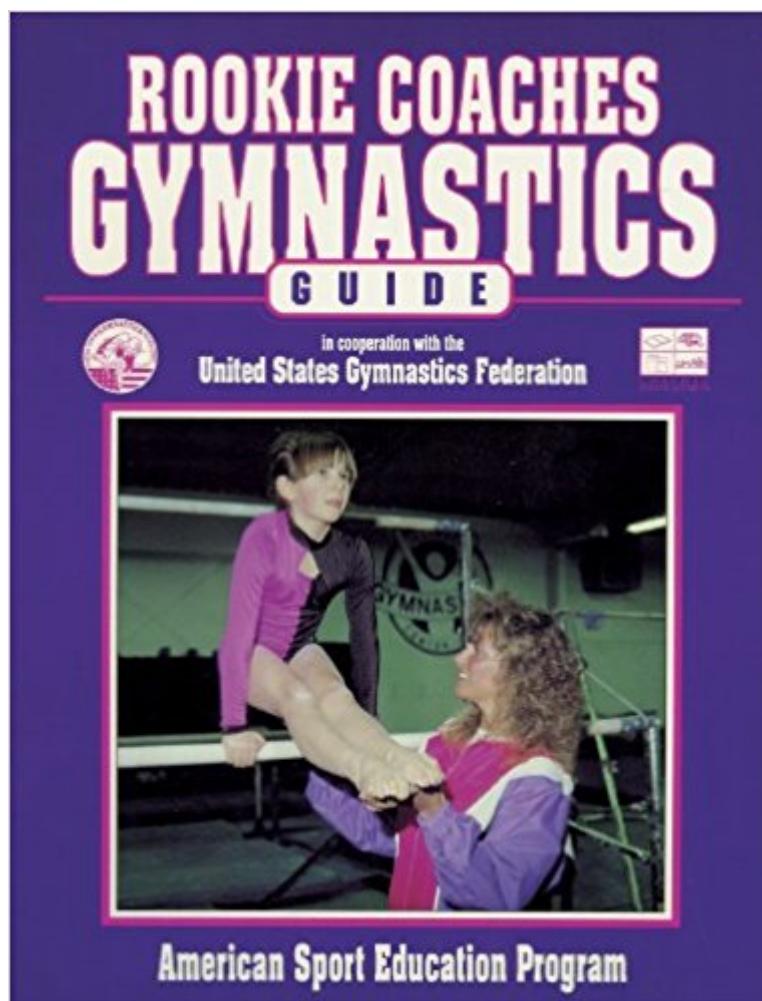


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# Rookie Coaches Gymnastic Guide (A.C.E.P.)



## Synopsis

The Rookie Coaches Gymnastics Guide provides a unique combination of coaching advice and gymnastics information for the entry-level gymnastics coach. This concise book presents the basic principles of coaching and shows you how to teach gymnastics skills to girls and boys. Developed by the American Coaching Effectiveness Program (now the American Sport Education Program) in cooperation with USA Gymnastics, the Rookie Coaches Gymnastics Guide is devoted to giving developing youth coaches the general coaching and specific sport information they need to be successful. This book details:- your major responsibilities as a coach,- the tools required to be an effective coach,- the communication skills necessary for coaching young gymnasts,- the steps in planning classes and teaching gymnastics skills,- the basics for preventing and caring for injuries, and- ways to protect yourself from legal liability. In addition, the book gives you essential gymnastics information, including:- an overview of the sport;- descriptions for 55 body positions, skills, and terms;- self-tests and checklists to gauge your knowledge;- extensive illustrations of basic skills;- the part-whole method of teaching gymnastics skills;- sample lesson plans; and- warm-up stretches. The book also presents six lessons that feature a floor plan for apparatuses, time allotments for each skill, illustrations of proper techniques, and safety and teaching tips. Lessons cover topics such as balance, moving backward, strength development, coordination, flexibility, and muscular endurance. By combining the fundamentals of coaching and gymnastics in one resource, the Rookie Coaches Gymnastics Guide provides all the basic information entry-level gymnastics coaches and instructors need to make their coaching experience safe, successful, and enjoyable. USA Gymnastics is proud to use the Rookie Coaches Gymnastics Guide in its Professional Development Program—workshops, clinics, and seminars that prepare coaches and instructors for the responsibilities of teaching children sport skills.

## Book Information

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## Customer Reviews

""The most influential people in my life have been my coaches and teachers. This book will help teach coaches how to make a positive impact on the gymnasts of the future." Mary Lou Retton 1984 Olympic Gold Medalist ""Being a coach is like being a studentif you stop learning, the ones who keep learning pass you by. Use information, like this guide, so you can stay ahead." Bela Karolyi 1988 US Olympic Team Coach "

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This is a great guide for those just starting out! I found this book to be a very practical tool in preparation for my first coaching experience. There are excellent examples for class structuring and coaching techniques. It has probably the best illustrations of tumbling skills I've seen yet. The chapters are easy to read, flow smoothly, and are independent enough from one another for skimming to the task at hand.

This book is good for beginner coaches. The text is easy to read and the content is well-organized. It includes mini self-tests to evaluate what you have learned. It is, though, missing examples of specific skills to have your athletes practice. It is very general in several areas. Also, the 80's style cover photo definitely needs to go! You can just put a sticker on it until they come out with a new and updated guide.

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