

ASEP Youth Sport Training Kit. **NEW DVD from Human Kinetics reviewed by Peter Farrell.**

ISBN: 0736073957

Author: ASEP

Publisher: Human Kinetics

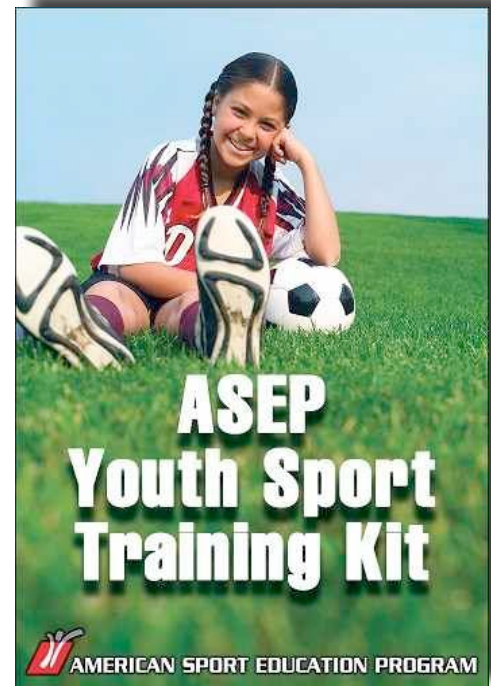
Year: 2008

Price: £33.99

This new resource from **HUMAN KINETICS** is a very comprehensive and up to date DVD aimed at a combination of coaches, parents and administrators. Each section will be of interest to any coach who wants to get an overview of all the skills he or she must master in order to be as effective a coach as possible.

At over 100 minutes in length, there is plenty of time to delve into issues that are of major interest to all committed coaches. Here are just a few of what I think are the most vital areas covered:

- The importance of a FUN approach.
- The vital roles played by the coach.
- How a coach should behave – characteristics of good coaches.
- A clear explanation of the `Games Based Approach` - a very effective teaching and development system that is often misunderstood by coaches.
- How a coach can protect himself or herself from legal liabilities.



One of the most interesting parts of the DVD for me is where a number of children are interviewed about the role their parents play in the child's athletic endeavours. This really comes from the heart, and unfortunately you can see the very real distress some children suffer when their parents' priorities in youth sport are misguided. But you can also see the joy children get out of sport when the environment from coaching to competing to parental involvement is kept in just the right perspective.

WHO IS THIS DVD FOR?

A lot of ground is covered in the resource. As a result I see it as being very valuable to a number of distinct groups of people who have an involvement in youth tennis.

1. Coaches who are starting out on a coaching career, and want an overview of what to do and what not to do.

2. Coaches who have recently or are just about to employ less experienced coaches; this DVD will act as a crash course in up to date methods for your new assistants.
3. Tennis Club committees who want to ensure that their junior programme conforms to best practice, and who want to gain an insight into how their Club Coaching Programme should run.
4. Parents who want to understand what their child can gain from an involvement in sport in general, and how to guide their child to a lifelong involvement in the sports of their choice.

This resource is nothing less than a thoroughly modern primer on all of the above and more. I recommend it to everyone who has an interest in junior tennis, or indeed junior sports in general.



FOR DETAILS ON HOW TO ORDER, GO TO

<http://ukpe.humankinetics.com/resourcecentre/book.cfm?isbn=0736073957>

CHAPTER HEADINGS:

Being a C.O.A.C.H.:

- Segment 1: Responsibilities
- Segment 2: Personal Traits
- Segment 3: Philosophy
- Segment 4: Character
- Segment 5: Communication
- Segment 6: Review

Coaching Safety:

- Segment 1: Providing a Safe Environment
- Segment 2: Treating Injuries
- Segment 3: Protecting Yourself From Legal Liabilities
- Segment 4: Review

Preparing for Game Day:

- Segment 1: The Games Approach
- Segment 2: The IDEA Method
- Segment 3: Practice Plans
- Segment 4: Review

Winning Respect:

- Athlete Interviews
- Moderated Forum Discussion

SportParent:

- Why Children Play Sports
- SportParents' Role
- Parents and Coaches
- Making Sports Valuable

Officiating Youth Sports:

- Your Role as an Official
- How Tight Is Too Tight?
- Getting Your Message Across
- Reasons and Rewards