

Yakob Berntal

The guide to coaching youth football

**A guide for experienced
and inexperienced youth coaches**



Expose'

FACTS AND NUMBERS:

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Title	The guide to coaching youth football – A guide for experienced and inexperienced youth coaches	
Language	English	
Text type	Non-fiction, a guide	
Addressed to	Youth coaches of football as well as of other team sports, football clubs, football players and football fans, institutes that train coaches for team and ball sports. The book is also highly suitable for parents of young football players who want to be able to assess the training competence of their child's coach.	
Content	The book presents the basics required for the job of youth coach of football and gives numerous practical tips.	
The book in numbers	Order Number: will follow soon Edition: 2021 The text is divided into 7 sections and is supplemented with 115 photos, 33 drawings, 10 illustrations and 21 tables.	
Format	Size: 19.5 x 27.5 cm (pages 19 x 27 cm) Weight: 780g Pages: The number of pages in the English edition has not yet been determined. In the German one there are 180 pages. They are printed on high-quality 135g/m² photo printable paper. Cover: Hardcover (bound book), laminated (glossy), coloured Other: Inside cover dark blue, headband dark blue, bookmark dark blue All together this equals: High quality that will make reading a pleasant experience for a long time.	

BACK COVER TEXT

If you coach a youth football team or if you are planning to do so, then this book is what you need. This practice oriented guide lays the foundation for doing a professional job as football coach in the youth sector.

Be it with F- or A-juniors, the district league or the national league, here you will find the answers to the most important questions: what, how and why. In plain English you will be given valuable tips about how you can act, and what you should best avoid.

Numerous examples are given to make the input clear as are illustrations. The book has been designed as the printed form of a course for coaches, but it is also a reference book that you can always access.

Two fictitious youth coaches, the strict "Kosta" and the disorganised "Freddy" accompany you through all sections of the book. With short episodes and realistic and amusing drawings you will be sensitized to avoiding Kosta's and Freddy's mistakes.

KOSTA & FREDDY

Freddy is a likeable, but very disorganized youth coach. He is always trying to please his charges, their parents and his superiors. The reader is shown how Freddy is often left feeling bewildered when things don't work out the way he wanted them to. Freddy has neither a training plan nor clear objectives, nor well thought-out methods. In this guide, however, these are set out in plain language.



Kosta is a strict and ambitious youth coach. He thinks a good youth coach is someone who reaches a good ranking in the league table with his team. He is mainly concerned with trying to prepare his C-juniors for the next match. His aspiration to be a successful coach is often at the expense of his players, as illustrated in various situations in the book. Kosta's domineering behaviour towards others masks his lack of expertise. This expert knowledge is contained in the guide.

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Bibliography

About the author

ABOUT MYSELF

I was born in Israel in 1965. Football has always been my passion; however, it wasn't enough for a career as a professional footballer.

At the age of 21 I had already started training youth teams, but also continued to play football myself in amateur teams. Parallel to this I studied for a teaching diploma in sports and also took courses to become a qualified football coach

In the year 2000, aged 35, I emigrated to Germany, where, having passed the second state exam, I graduated from the Johannes-Gutenberg-University in Mainz as a teacher of Sport and English at secondary school level. For 11 years I have been teaching at a comprehensive school in Offenbach. I also hold a UEFA-A-class football trainer's licence. I have continued to indulge my passion for football by playing as an amateur (until 40), coaching youth teams, accompanying my son to training and matches, and by writing this book.

Over time, the urge in me to write this book increased. I was fortunate enough to have had good teachers and mentors myself, and my many experiences as a coach and a teacher have shown me that good training units and good school lessons have a lot in common. Thus, universal maxims lead to a subject matter being taught successfully. In this book I explain them in the context of football training.

For the near future my goal is the publication of my book. After that I plan to continue working on achieving my greatest dream, namely to found and run a football academy in Africa.

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