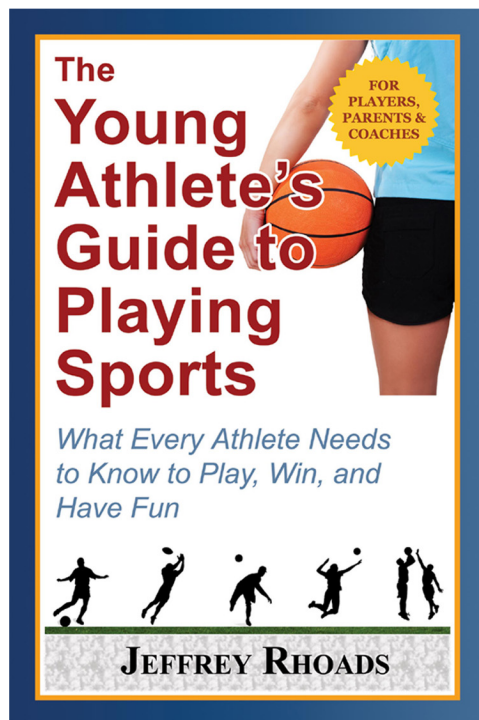


What athletes and sports parents want



Play smarter. Compete better. Have fun.

Endorsed by leaders in the sports community, *The Young Athlete's Guide to Playing Sports* provides athletes, parents, and coaches with the keys to successful sports play. Inside tips, techniques, and approaches are included that will help *any* player, in *any* sport, improve his or her game. With its focus on the joy of playing, this book presents a balanced, healthy approach to playing sports.

"Jeff fully understands the benefits of youth sports done the right way."

—Mark H. Murphy, President & CEO,
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"...Captures the essential balance of fun and learning for all."

—Dave Littlefield, GM 2001-2007,
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Beginners will discover how to:

- ▶ Learn new sports skills
- ▶ Play more effectively
- ▶ Fit in and play with more skilled players
- ▶ Organize and play pickup games

Advanced players will:

- ▶ Gain insight on how to better compete
- ▶ Discover how coaches evaluate players
- ▶ Find out how to leverage team roles for more playing time
- ▶ Learn how to better practice and prepare

Parents—Get in the Game!

- ▶ Understand the keys to a great youth sports experience
- ▶ ***Your guide*** to teaching your child sports fundamentals and skills

ABOUT THE AUTHOR:



Jeffrey Rhoads has coached youth sports for over 25 years. Drawing on his experience as a coach and his own joyful, sports-filled youth, his writings provide valuable guidance for parents, coaches and players. He is also the author of *The Joy of Youth Sports*. For more information go to www.insideyouthsports.org

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