



## Fundamentals of Track and Field, Second Edition

By Gerry Carr

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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.

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*"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. Guthrie

Head men's track and field coach, University of Wisconsin at La Crosse

11 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 Holman

Track and field and cross-country coach, Lawrence Central H.S., Indianapolis, IN

North Region Chair, USA Track and Field Men's Development

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