

SPORTS

TRAINING TIPS
FOR YOUNG
ATHLETES

LESS IS MORE

COACH
DAVID C HOULE

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Breaking Health News

David C Houle and

Sports Training Tips for Young Athletes: Less Is More



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Coach David C Houle, Hall of Fame coach and the winningest coach in High School sports (with 68 state championships to his credit) reveals his formulation for training young sports athletes so they are not only successful within their respective sports activities, but likewise have the most most likely chance of going on to university and professional levels. That is fake, and is causing widespread problems in youth sports today. Most parents, and coaches, of young athletes think that teaching harder and longer compared to the competition can make the young athlete more successful on the field. Proceeds from book sales are donated to Operation Underground Railroad and National MS Culture.



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