

"Tackling Dummies is a must-read for anyone who wants youth and high school football to be safer, yet just as exciting."
- GREGG EASTERBROOK, Author, *The Game's Not Over*
and *New York Times* columnist, Tuesday Morning Quarterback

TACKLING DUMMIES

Playing Amateur Football **SMARTER**



Bobby Vernon

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Tackling Dummies: Playing Amateur Football Smarter



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s) before they reach senior high school. With real football stories from numerous amateur areas at all amounts, concussion treatment and prevention protocols, descriptions and photos of safer and more effective tackling techniques, football methods, and honest insights into college and NFL " Imagine if our current considering football coaching and culture was all incorrect? And, worst of most, many young soccer players are sacrificing everything to create it into the NFL history books... Football conditioning is normally a year-round endeavor. Our children are sustaining traumatic brain accidents (TBI'For decades, we' Pee Wee League players are receiving paid to play football.an almost impossible goal that isn't professions"s cracked up to be. No question they're devoid of any fun anymore. So how do we correct it? Written by an effective businessman, father, and senior high school coach with nearly two decades of knowledge playing and training this video game, Tackling Dummies gives both a target and insiders consider the video game and identifies key problems with the sport and tradition of amateur football. Both technical and good sense solutions are offered within an easy to understand and frequently hilarious way which will help every player, coach, and parent take full advantage of the game.ve been teaching our kids to start out playing tackle soccer earlier, strike harder, practice longer, and play like the pros.t most it', this book can be a must-have for any football fan, player, trainer, or parent.



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Vernon is an extremely thorough and convincing speaker in this book, and his stance is definitely honorable and persuasive, and I hope it persuades the correct people. I grew up in a city where the focus was adventure/individual sports, and team sports were something we did for fun only. My boy isn't quite old enough, but he so wants to play football, so that's why I decided to get this book. I don't know near plenty of about the sport to help him or make certain he's safe. This book opened my eyes to different aspects of the video game, not just the how to. The author makes his stance of repairing the game quite obvious. He highlights what needs to be changed and how we, even parents can make those changes or open up conversations to do so. I do appreciate how he states that he loves the overall game and desires it to continue. He provides quite the backdrop to, revolving around this sport to back up his suggestions. This book informed the significance of tackling the correct way, with diagrams and details to support why tackling to the head should not be carried out. This was a very useful read, but didn't read like a play reserve. I liked it. Eye-opening and a must-go through for nearly any parent Brains are essential. Any parents which have kids in tackling soccer or are possibly going to start, should browse this reserve as well! But when it involves things like sports, if a mother or father sends their kid right into a football video game with stress and apprehension, they are looked at as overprotective, overbearing and paranoid. Well, our children's brains are infinitely more important than any replaceable piece of hardware, yet you can find so few safety measures and protections in place for kids in this very intense sport. That is all fantastic but does it really help our children? The author has recognized this first-hand and provides a lot of thoughts and help offer in his publication. I also now have a young child, who's destined for some kind of contact sport, with all of the intensity that he sets into every action. He urged his family members, before taking his lifestyle to donate his brain to Boston University to analyze CTE, and it had been confirmed he did actually suffer from this. The author is a former player and a coach himself..because his duration of football-related concussions drove him to. Ex - Chicago Bears player Dave Duerson took his own existence in 2011 after having been an integral part of the 1985 Superbowl group, being a father. For example, chapter 10 will take about football players in colleges/universities and what can occur to those individuals. Essential read for an improved educated coaching style which will allow for the game to continue to be safe and move forward into the future.This was an extremely informative read, but didn't read like a play book. If anyone can, he can.I plan on recommending this book to all or any my friends--it spans all sports, really. Volleyball trainer Corrine Atchinson can verify this. I hope many people, not just parents, not just those involved in football, read this reserve. Today's kids are drug from season sport to golf club sport to season sport to golf club sport. I treasured every part of it. I

loved this book I loved this reserve. I am a mother, player, P.E. teacher, and a coach (volleyball). I may not coach soccer but I think that the reserve can period across all sports but football the most. It's incredible and eye-opening. A helmet and a mouthguard are hardly enough to keep anyone secure in football, aside from children whose brains remain developing, still sensitive. However the book is not a horror story where it is telling you not to let your kids play. One example is usually that we no longer have a whole lot of 3-sport athletes because the player is usually playing in clubs and off-season games to improve their skill in a particular sport or 2. Wonderful book about things that need to be changed in America's favorite past time. This book specifically talked about how big football is usually and the pressure for teenagers to become a football star, get scholarships, and the tough job of making that NFL is overtaking. It also discussed the injuries that come from pushing a new player too hard on top of normal accidental injuries that accompany football. I'd definitely recommend this reserve. Excellent book to encourage more secure football for kids I was really thinking about this book because I have a 9-year-old child and we are part of a rural community where football in the high school and middle school is a big deal. I know how I personally experience letting my son play football (he hasn't shown much interest in it however, preferring baseball and soccer), and I wondered if I could back up my reluctance to let him play with the facts in this publication. Yes. If you are searching for information regarding how kids can be hurt by playing football, you will find that in here. I have already been on this page for a while. Instead, it offers an study of the tradition of football that is pushing our children to play harder and beyond their years. He offers ways of fix these issues. Suffice it to state, I never imagined developing up that I would marry right into a football family members with time of year tickets to an NFL team's video games. He answers queries about tackling versus hitting, and how children play should be different than what NFL teams do. He would like the video game to be accessible to kids, but he desires it to end up being safer and more pleasurable.. There is even a section of photos showing players how exactly to stand and how to do drills more safely. But his strategies won't work unless instructors and players accept it. I started this book not knowing a lot about Football. Interesting Read That is an eye-opening account of the activity of football from a specialist. There are numerous excellent recommendations for possibly making the activity better and safer for all players. His tales are not just entertaining but also beneficial. They make you think about the sport differently, while not bashing the concepts or validity of what it can teach people. So, scanning this reserve further pushed my thoughts into a very informed and confident stance in advocating for our children and their safety. I have seen it myself and believe that he is correct that devoid of enough time in the day hurts these players and their research. Treat

yourself. I believe anyone who wants to be a "professional" soccer players should browse this to learn more about the activity from anyone who has carried out the research and can give a personal spin to it. Because of the pressure to do well in the sports and spending too much focus on the one sport the kids are beginning to lose their like and enjoyment for the game but rather seeing it as a job or requirement. Great book for football instructors and parents to read on tackling football! In addition, it pointed out that us as parents have to convenience up on our children and allow to build up a love for and of the overall game instead of pushing at every change for the earn. My own passions come from not a love of the game but carrying for my college students who play American soccer. Any football coaches training kids 12 and young should read this publication! Mr. Eye Opener! I think everyone who has children in the overall game, or kids who wish to play, or is normally a coach or wants to be considered a trainer should read this reserve.. This is a great book... This was an vision opening confirmation about our biggest fears as parents but also provided different ways to set those fears at ease! It's a must read.no one allows for a good game anymore, only wins count! I want all instructors and parents and feasible parents who want their children to play the game would examine this publication....have all fans read this book as well. It's an easy read and may change the safety of the game tremendously! A must browse for everyone with an interest in football.. I'd like to start by saying that book is a superb read.. a must read for anybody with any degree of involvement in football, be it parent, trainer, player, or enthusiast.. It's apparent from the onset that the writer loves football, and wants the sport to continue, even if it means slightly altering the monitor the activity is on. It's an instant read, that generally, can be understood by the lay person, which I definitely am. I learned quite a lot about football from this book. I don't believe we had enough kids in one quality to field a soccer team, aside from the curiosity of all the children in the class. Yes, concussions perform happen, but they won't need to, if we coach and coach our children to play safely and with a like of the game rather than competitive streak that makes them experience like they need to play like NFL players. The end result is that I have watched more football every year for the last a decade, than I did so in the prior 24 years combined.Just how many professional NFL players have come forwards publicly, decrying the harm that the overall game has done with their mental state? It is also important for those who are anti-football to see that it is possible for a great sport to remain great and recreate the fun.. I choose five celebrities because I can't agree more with the author on his safety, period management and education problems surrounding youth and collegiate football. I've seen some nasty accidental injuries, failing classes and frankly over enthusiastic parents make these children lives miserable. It's horrifying to learn how some people proceed through

lengths to safeguard their computer hard disks, their cell phones, their house sound systems--implementing measures which are costly and, at times, inconvenient, to protect the most important thing to them: preserving the control centers of gadgets that are in charge of their conversation, work, education and an incredible number of other things in their lives. As a mother I'd want my kid to be safe in the most possible way. Even though my baby is too young for sports this is an vision starting to how tackling soccer is quite dangerous for kids 12 and younger. There are a good few medical references he shares, but I'd have liked a little more. It is interesting that rugby provides more physical connection with tackles, but much less injury due to tackling done the correct way as educated in this reserve. This book also switches into information on the financial impact of how football earns money for universities, yet the players get none of that apart from a possible concussion. In addition, it switches into details from what happens to the individual that has those accidental injuries, with having performance-improving drugs, domestic violence, alcohol/drug abuse. I would recommend this awesome reserve for anyone that wants to learn of how tackling football impacts players and companies. This book was an extremely interesting read. Amazingly insightful. Essential read for everyone regardless of their level of interest in the activity. As someone not used to the activity I learnt more than I thought possible about every strata of the overall game and its own influence on American culture and society. Hence, this results in them dropping out or hardly getting through their classes..



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