

## ATHLETICS AUCKLAND COACHING DVD RESOURCE

Athletics Auckland has acquired a large number of excellent DVD's as a coaching resource. They cover most events and have been produced by US company Championship Productions. Some additional DVD's are also available by the IYCA, Athletes Acceleration and Boo Schexnayder.

The DVD's are aimed at the High School level and some at a more advanced Collegiate level. Most DVD's are at least 1 hour in duration and of a high quality.

At this stage DVD's are to be borrowed by collection from Mt Smart athletics office between the hours of 9.00am to 3.30pm or by arrangement at a later time. Generally, DVD's can be borrowed for 1 week or longer by arrangement and then return to the Mt Smart offices as per above times.

N.B. NO copying of DVD's will be permitted however a DVD can be borrowed again if required. Also note if a DVD or Manual is borrowed and not returned, you will need to refund Athletics Auckland for the purchase of a replacement. DVD's will cost approximately NZD50 when ordering from the United States.

The DVD's available are listed by event group as follows:

### Sprints:

- 1: Developing Speed & Power for Sprints, Relays & Hurdles. Joey Woody Iowa University. 2016 164 mins
- 2: High school coaches blueprint for success in Sprints. Mark Brady De Soto high school. 2011 134 mins
- 3: Fundamental drills & mechanics for successful Sprinting. Adrian Wheatly University of Illinois. 2015 62 mins

### Hurdles:

- 1: Becoming a champion Hurdler (Girls). Elisha Brewer University of Kansas. 2013 118 mins
- 2: Mega drills for Sprints and Hurdles. Cliff Rovelto Kansas State University. 2014 67 mins

### Walks:

- 1: Racewalk like a champion (plus CD training for 5k to Marathon). Jeff Savage. 2008 Walking Promotions

### Jumps:

- 1: The High Jump: Technique and teaching. Boo Schexnayder & Todd Lane. 68 mins
- 2: The Triple Jump: Technique and teaching. Boo Schexnayder & Todd Lane. 63 mins
- 3: The Long Jump: Technique and teaching. Boo Schexnayder & Todd Lane. 56 mins
- 4: High school blueprint for success in the horizontal jumps. Ken Brauman Seminole H. S. 2011 71 mins
- 5: High school blueprint for success in the High jump. Mike Garcia Lanphier H.S. 2011 66 mins
- 6: High school blueprint for success in the Pole vault. Tim Reilly 2011 159 mins
- 7: 30 drills & techniques for the Long jump. Jeremy Fischer Head coach Chula Vista H.P. 2016 57 mins

### Throws:

- 1: Technique & drills for the Rotational Shot Put. Jim Aikens Fremd H.S. 2007 63 mins
- 2: Becoming a champion Javelin thrower. Debra Farwell Washington State Uni. 2013 74 mins
- 3: High school coaches blueprint for success in the Throws. Bill Godina Arizona State 2011 161 mins
- 4: Progressions for teaching the Hammer throw. Robert Weir U.K. National coach 2010 30 mins

5: Teaching progressions for the Throws. Boo Schexnayder 69 mins

Distance:

1: Optimizing training loads for Distance runners. Tom Schwartz Founder of Tinman End. 2017 55 mins

2: The basics of Lactate threshold training. Marcus O'Sullivan Villanova Head coach 2006 51 mins

3: Advanced methods for Lactate threshold training. Marcus O'Sullivan Villanova Head coach 2006 53 mins

4: Boys and Girls Cross Country (seasonal plan & video journal) Tim Ives Dowling Catholic 2015 53 mins

Skill Development and Conditioning DVD's:

1: Exercises for Sports performance training. Boo Schexnayder 56 mins

2: Weight training for Speed, Power & sport performance. Boo Schexnayder 66 mins

3: Developing Youth Speed and Agility. IYCA Toby Brooks David Jack Latif Thomas 2011 (9 DVD set + Manual)

4: Complete Youth training. Mike Boyle (4 DVD set + Manual) 2018

5: Complete Olympic lifting. Athletes Acceleration 2005

6: Gold medal Track and Field. (covers all event groups) Human Kinetics 2005 115 mins

7: AAI Preview of Coaching (covers all event groups) N.B. Some are available to buy. 2010 18 mins

Manuals:

1: The Complete guide to T & F conditioning for the Endurance events. Scott Christensen 2008

2: Strength & Power for Maximum Speed. Jim Hiserman 2010

3: Running Games. Mark Stanbrough 2014