

2008 National Throws Coaches Association Coaches Clinic DVD Set

Set includes 4 DVDs and over 14 hours of video instruction

Disc #1:

Discus Teaching Progressions – Rob Lasorsa (NTCA)
Making a Glider into a Spinner – Brian Oldfield (World Record Holder)
Fundamentals of the Rotational Shot Put – Mike Turk (Univ. of Illinois)
Critical Zones in the Discus - Bob “Coach Mac” McKay (Moorpark College)
Glide Shot Put Teaching Progressions – Rob Lasorsa

Disc #2:

Glide Shot Put: Skills and Drills – Dan McQuaid (Wheaton North HS - Illinois)
Fundamentals of Hammer Throwing – Larry Judge (PhD, CSCS – Ball State Univ.)
Discus: Skills and Drills – Mark Rodriguez (Miami University – Ohio)
Rotational Shot Put Teaching Progressions – Mike Turk

Disc #3:

How to Properly Teach the Olympic Lifts – Larry Judge
Fundamentals of the Discus Throw – Ross Richardson (Purdue Univ.)
Teaching the Glide Shot Put – Dale Cowper (Univ. of Louisville)
How to Organize a Throws Program – Jim Aikens (William Fremd HS - Illinois)

Disc #4:

Rotational Shot Put Skills – Mike Turk
Teaching the Squat – Dan McQuaid
Coaching Ideas for the Throws – Mark Harsha (NTCA) and Jim Aikens
Javelin: Skills and Drills – Rodney Zuyderwyk (Purdue Univ.)

2008 National Throws Coaches Association Coaches Clinic Booklet

Over 100 pages of articles and information

Shot Put Glide Technique, by Rob Lasorsa
The Oldfield Spin, by Brian Oldfield
The Year Long Warm-Up, by Jim Aikens
Use of Photo Sequences in Coaching, by Mark Harsha
Teaching the Discus in a Group Setting, by Ross Richardson
A Short/Long Glide for the Young Thrower, by Dan McQuaid
The Double Glide Drill, by Dan McQuaid
Mastering the Start in the Hammer Throw, by Larry Judge
Glide Shot Put, by Dale Cowper
Javelin “Learn-By-Doing”, by Rodney Zuyderwyk
Critical Zones in the Discus, by Coach Mac
Maximizing your Weight Training for Big Throws, by Ryan Flanary and Frank Stasa
Circuit Training for Athletes, by Coach Mac
Proper Execution of the Power Clean, by Larry Judge
Functional Active Warm-Up for Throwers, by Matt Ellis
Lifting for Throwing, by Coach Mac
Rotational Spin Shot Put: What, Why, How, by Mike Turk
A Common Sense Approach to Squatting for Young Throwers, by Dan McQuaid
Discus Throwing Technique, by Mark Rodriguez