

SPORT SPECIFIC COACHING AND TRAINING RESOURCES

We have collated some great links and resources for you to refer to over the coming weeks as you navigate remote coaching, athlete training at home and a new way of working. Keep in mind these are just a few examples. They will not all be suitable for every coach or every athlete, but they will give you possibilities, ideas and food for thought!

Sport Partners

If you do not already have a relationship with either your National Governing Body of Sport/Nutritional Sports Organization, or with a local sports club in your community, now could be a great time to connect. Sport connects people, never more so, than in the times of challenge. As the late, great Nelson Mandela said

*Sport has the **power** to change the world. It has the **power** to inspire. It has the **power** to unite people in a way that little else does.*

Sports Clubs and organizations all around the world are facing the same challenges. Together, we can find solutions. They are likely to be great activities, practices and initiatives taking place right in your community. Reach out and connect where you can!

Athletics

World Athletics – Lockdown Exercises

<https://www.worldathletics.org/be-active/lifestyle/lockdown-exercises>

Athletics Ireland – Mobility Circuit

https://www.athleticsireland.ie/downloads/other/AAI_Mobility_Program.pdf

Find some great links here for home training – circuits, getting running, mobility programs and even virtual running groups

Bowling

You might think your athletes cannot train without access to their local bowling center. However, check out these videos from the National Bowling Academy. You may need to simplify the instructions slightly, but it might give you some ideas to work with your athletes while your access to your bowling center is limited.

National Bowling Academy

(Practicing your Release) <https://www.youtube.com/watch?v=i2Oc2d29dd8>

Conditioning Exercises for Bowling <https://www.youtube.com/watch?v=OCbYLoFbJ6M>

Softball

USA Softball shared an example of a great agility circuit that is used by the women's national team. You may need to modify or change some of the activities, but this video will give you some great ideas of how to structure a simple softball circuit session.

<https://www.stack.com/a/circuit-training-with-usa-softball-2>

Volleyball

FIVB Volleyball World Facebook Page <https://www.facebook.com/FIVBVolleyballWorld/> has a host of great videos showing simple trainings drills and skills and you can practice at home. Search #volleyballAtHome to see the videos or share your own using the same hashtag.

Team USA Volleyball

<https://www.teamusa.org/usa-volleyball/sportkit/players>

USA Volleyball has great resources including Warm Up Videos, and Solo Drills for your athletes to utilize during this time.

The Art of Coaching Volleyball, shared some great at home instructional videos from individual drills or instructional videos to improve specific skills!

<https://www.theartofcoachingvolleyball.com/category/drill/at-home-drills/>

Flag Football

Coach D has some great conditioning and practice skills that can be done at home. Most of them can be done alone and with equipment found in the home.

Coach D's Flag Football At Home Conditioning and Skills Practice Schedule

<https://www.youtube.com/watch?v=Ug-02EH-leA>

Find Coach D's Practice Schedule on the bottom of the Coaching Through COVID-19 section

Golf

Here you will find some basics when it comes to practicing golf at home. <https://justgolfblog.com/how-to-practice-golf-at-home/>

Here is some great information on increasing your physical fitness in order to be better prepared on the course. <https://www.golfspan.com/practice-golf-at-home>

The Golf Channel provides great instruction on Golf Grip

<https://www.youtube.com/watch?v=yCkaQBfQRFY>

Swimming

Take a look here for some great ideas on training for swimming while at home Parts 1

<https://www.youtube.com/watch?v=megCSTJxSPs> and 2

<https://www.youtube.com/watch?v=QK2DFGKVKsw>

Bocce

Here are some videos for basic Bocce Techniques from Ferry Bocce League

How to Hold a Bocce Ball <https://www.youtube.com/watch?v=ofa0kGZ5C1w>

Bocce Standing Technique <https://www.youtube.com/watch?v=rkFDb2uqw6w>

Basketball

By Any Means Basketball has put together an in home basketball workout

<https://www.youtube.com/watch?v=GNv-hkfAFtg>

At Home Ball Handling <https://www.youtube.com/watch?v=F4P2KNFq7J8>

Ball Handling Rhythm and Speeds <https://www.youtube.com/watch?v=d5WGTqEC9kc>