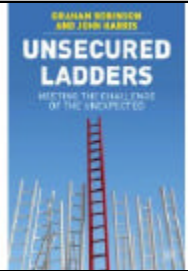

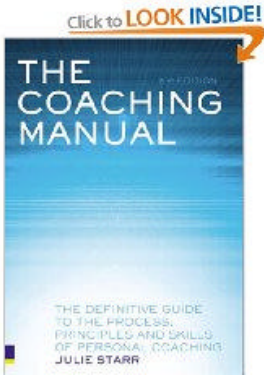
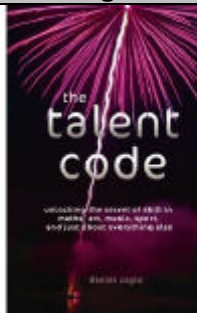


## SUSSEX ATHLETICS NETWORK LIBRARY

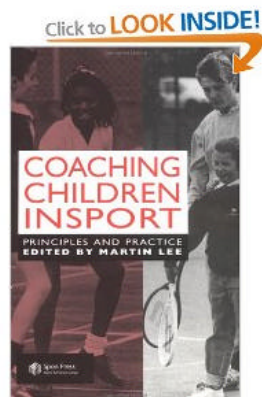
Coaching in General	
	<p><b>'Unsecured Ladders' - Robinson and Harris. - 1</b></p> <p>'This is a book that is easy to read and one that you would keep in your briefcase for reference – a Leaders Manual. The book highlights and emphasises that in an unstable world where the unexpected can happen at any time there is an even greater need to know, understand and to hold on to your values. This book helps you to hold up the mirror and to examine objectively your own performance.' - Peter Elliott MBE, Olympic silver medallist and Senior Executive in high performance sport.</p>
	<p><b>'Coaching for Performance'- Whitmore - 2</b></p> <p>This handbook helps readers learn the skills and the art of good coaching, and realize its enormous value in unlocking people's potential to maximize their own performance. Coaching is now recognized as more positive, effective and empowering than instruction in business. Now that coaching is both the tool and essence of company culture change, even the most successful managers are seeking to adapt their style accordingly. As John Whitmore writes, "Coaching is not merely a technique to be wheeled out and rigidly applied in certain prescribed circumstances. It is a way of managing, a way of treating people, a way of thinking, a way of being." Adopted by many of the world's major corporations, this easy-to-use title argues for using questions, rather than instructions and commands, and following the GROW sequence - goals, reality, options, will - to generate prompt action and peak performance. It explores the dynamics of team development, and it positions coaching as the essential team leadership skill. This edition has detailed advice on avoiding a "blame culture", and fostering empowered performance. It contains extensive examples of effective questions for general awareness and responsibility - questions which compel the coachee to think and demand high-resolution focus, are descriptive not judgemental, and provide the coach with a feedback loop. There are new sections on motivation and building self-esteem through coaching, feedback and feedforward, and a new chapter on learning and enjoyment - coaching works directly on the senses, so coaching by its very nature enhances enjoyment.</p>
	<p><b>'The Coaching Manual'- Starr. - 3</b></p> <p>"The Coaching Manual is the most current, comprehensive, practical, best-illustrated coaching source I have ever seen. It compellingly teaches the mindset of keeping the responsibility on the coachee combined with a powerful, realistic skillset."</p> <p>Dr. Stephen R. Covey, author of <i>7 Habits of Highly Effective People</i></p> <p>Are you a good listener? A perceptive observer? Or perhaps you know instinctively when something isn't 'right'?</p> <p>We are all born with some coaching ability and the key to becoming a great coach is knowing what your strengths are and building on these.</p> <p><i>The Coaching Manual</i> will help you do precisely this. Starting from where you are now, you'll find all the powerful tools, techniques and guidance you need to take you to where you want to be. Both a complete learning experience and an instant source of fresh insight and tips, the manual is your definitive reference throughout your coaching career.</p>

## Coaches of Young athletes and children



### **The Talent Code. Dan Coyle - 4**

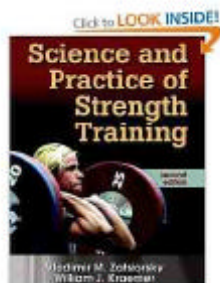
'Talent. You've either got it or you haven't.' Not true, actually. In "The Talent Code", award-winning journalist Daniel Coyle draws on cutting-edge research to reveal that, far from being some abstract mystical power fixed at birth, ability really can be created and nurtured. In the process, he considers talent at work in venues as diverse as a music school in Dallas and a tennis academy near Moscow, to demonstrate how the wiring of our brains can be transformed by the way we approach particular tasks. He explains what is really going on when apparently unremarkable people suddenly make a major leap forward. He reveals why some teaching methods are so much more effective than others. Above all, he shows how all of us can achieve our full potential if we set about training our brains in the right way.



### **Coaching Children in Sport: Principles and Practice (Paperback): - 5**

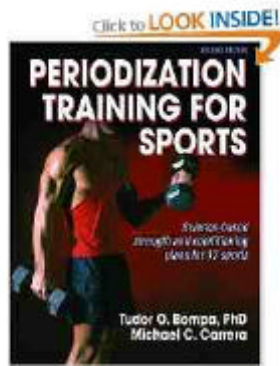
Children participate in sport at all levels, from school involvement to international competitions. With the growing concern about the mental and physical pressures which can be exerted on a child, the coaches' traditional role is developing and expanding. They now need to be aware of how problems like depression, anxiety, sports injuries, etc occur and how they can be prevented. This book has arisen out of a need for a text which tackles the special issues relating to coaching children (from 6 - 16) in sport. Academics (many with coaching experience) and practitioners have been commissioned to write on their specialist areas. The book contains clear, accessible information divided up into five parts: children in the world of sport, developmental changes in children, psychological aspects of participation, applications to the coaching process, and good practice in coaching. In these parts the theory behind the need for good communication, counselling, training, dealing with injuries, nutrition, etc is given with ample examples of how to put these ideas into practice.

## Development Coaches



### **Science and Practice of Strength training. Vladimir Zatsiorsky - 6**

This book is for those readers interested in muscular strength and ways to enhance its development. It is developed from the vast experience of both authors, who bring to the text documented experiences of more than 1,000 elite athletes, including from Olympic, world, continental and US national record holders. Written for the practitioner, it provides a straightforward examination of the fundamental concepts and principles readers need to understand in order to make decisions on what might be appropriate in the programme design for their athletes. The integration of coaching theory and scientific underpinnings in this new edition continues to promote a more sophisticated approach to strength training.



### **Periodisation Training for Sports (Human Kinetics) - Bompa T, Carrera M, - 7**

Bompa demonstrates how to use periodized workouts in order to peak at optimal times by manipulating six different training phases: anatomical adaptation, hypertrophy, maximum strength, conversion to power, maintenance, transition. A conditioning planner for coaches & athletes in 32 sports, with ready-made training schedules.

Tudor Bompa is recognised worldwide as the foremost expert on periodization training. He first developed the concept in Romania in 1963, as he helped the Eastern Bloc countries rise to dominance in world athletics. Since then, Bompa has used his system to train numerous Olympic and world championship medallists and elite athletes. After working for the past 10 years, both as a student and colleague of Tudor Bompa, Mike Carrera has become a specialist in the field of periodization. As director of the Tudor Bompa Training System, Carrera created international sport and fitness certification and education courses for personal trainers.



### **Sports Training Principles - Frank .Dick - 8**

Written by world renowned coach and President of the European Athletics Coaches Association, Frank Dick, Sports Training Principles is the ultimate reference on training theory and practice for all coaches responsible for developing athletes to fulfil their performance potential. It covers: anatomy and basic biomechanics; energy production systems; psychology, learning procedures and technical training; performance components - strength, speed, endurance and mobility; training cycles, periodization, adaptation to external loading and coaching methods.

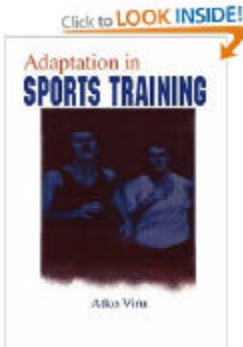


### **Sport, stability & performance movement great technique - Joanne Elphinston - 9**

**Review:** Absolutely brilliant. I have read so many books and papers over the years and not yet come across a book that links the missing pieces of structural dysfunction and exercise. It puts the practical experience and scientific theories into a simplified text book that really does explain the how's, when's and why's to poor body alignments/movements.

The book is very user friendly; any body involved in any form of exercise or rehab should be reading this. It is so simple to follow; it doesn't use complicated jargon, has great photos, several explanations, and ample of clinically reasoned common sense. £25 is far too cheap; this book is invaluable; extremely informative; 10 out of 10.

Spotting movement dysfunction and correcting it has always been difficult. I have worked as a personal trainer for 10 years and a physio for 4 of them, and I found this book a brilliant read. I wish I had this book years ago; it would have saved me a lot of time and money.

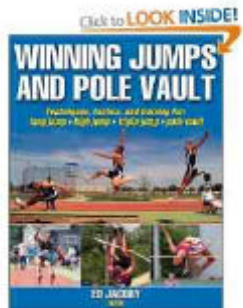


### **Adaptation in Training - Atko Viru - 10**

Founded on an analysis of scientific literature and backed by an abundance of references, this timely new book examines problems related to sports training, as well as the concept that training-induced changes are founded on adaptive protein synthesis. Discussions include:

- Alterations in the organism's adaptivity during exercise training
- Intracellular control of protein synthesis points on molecular mechanisms in exercise training
- Endocrine mechanisms with regard to acute adaptation during exercise, as well as amplification and post-translation control of the adaptive protein synthesis
- Practical benefits of the adaptation process in training

## **Horizontal Jumps**



### **Winning Jumps and Pole Vault - Jacoby Ed (Human Kinetics 2009) - 11**

Long jump, triple jump, high jump and pole vault are covered, from techniques and training to strategy and mental preparation, "Winning Jumps" is the only book that covers it all. Renowned coach Ed Jacoby and the all-star line-up of Cliff Rovelto, Tom and Kyle Tellez, Irving 'Boo' Schexnayder, Greg Hull, Will Freeman and Keith Henschen share the secrets and strategies that have produced, 15 Olympic gold medalists, 62 NCAA champions and numerous other U.S. and world medalists and champions. Every phase of every event, from approach to take-off to landing is described to convey proper technique. Readers will learn how to recognise and correct common technical flaws and rely on over 25 event specific drills to perfect technique. With pre-event preparation, conditioning programmes and jump and vault strategies, this is the one resource track and field coaches and athletes can't afford to be without.



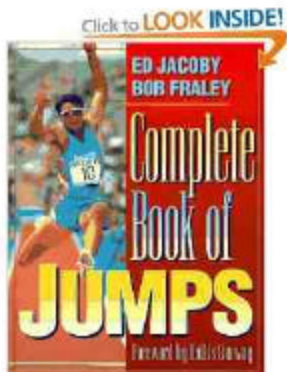
### **High Powered Plyometrics - Radcliffe, J. Farentinos (Human Kinetics, 1999) - 12**

This edition pushes the boundaries of explosive sports training exercises both in terms of the detail of information and the difficulty of some of the exercises. It includes a year-round development programme.



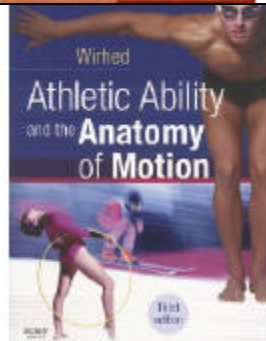
### **Strength and Conditioning for Sport – Clive Brewer (Coachwise, 2008) - 13**

Written by a leading expert in the area of strength and conditioning, this book lays out the basic scientific principles underlying strength and conditioning theory, before going on to give detailed information on how to apply the theory to practical situations. It includes numerous figures, diagrams and photographs, to illustrate the techniques. It can be used as a resource for all performance sports, and contains detailed explanations as to why different training programmes can produce different results. The foreword is written by world expert Dr Michael H. Stone and the book is supported by evidence to explain how and why these methods work. This book is applicable to all performance sports and is a user-friendly and practical guide that cuts through the academic jargon.



**Complete book of Jumps - Ed Jacoby & bob Fraley - 14**

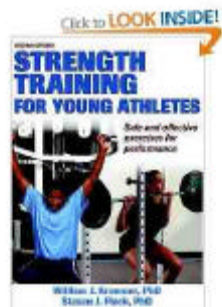
In this book, the authors draw upon a combined 60 years of coaching experience to help track and field athletes at all levels of competition improve their jumping technique, training and performance. The book features clear instruction combined with detailed illustrations for these four jumping events: long jump, triple jump, high jump and pole vault. In part one, the authors explore mechanical factors common to all jumps, components of the approach run, and strength and power training for jumpers. They share ideas for the development of technique, including how to avoid flaws that slow the approach, tips for achieving maximum height at take-off, how to use the number of strides to determine runway approach distances, and 10 plyometric drills to add strength and power specifically for jumping. Part two features event-specific technique and training information. Devoting a chapter to each event, the book analyzes the various phases of each jump, from approach to take-off to landing. Eleven multiple-frame illustrations from the performances of record-setting jumpers help to demonstrate the proper technique.



**Athletic Ability & The Anatomy of Motion - 15**

This book explains the anatomy function of different parts of the body and examines the types of movement important in sports activities. This book gives a detailed analysis of movement, general characteristics of bones, joints, and muscles, as well as guidelines for flexibility and strength training.

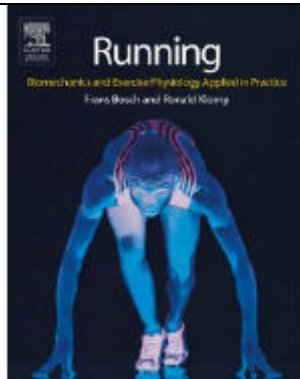
It emphasizes important factors for maximizing performance and is a bridge between biomechanics and the practice of sport.



**Strength Training for Young Athletes - William J. Kraemer & Steven J. Fleck - 16**

The authoritative development guide to strength training for 7-18 year olds. Covers starting age recommendations, exercises, frequency, rate progression and more.

William Kraemer and Steven Fleck are two of the top strength training researchers in the world. William Kraemer is a past president of the NSCA and is currently editor of the Journal of Strength and Conditioning Research. Steven Fleck is the former head of the Physical Conditioning Department for the U.S. Olympic Committee.

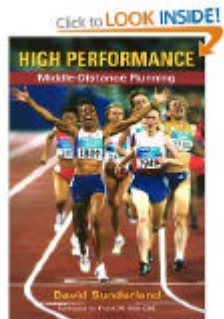


### **Running- Bosch and Klomp - 17**

This richly illustrated work presents innovative training concepts based on recent scientific research and extensive knowledge of the everyday practice of training. It provides running trainers, physiotherapists and physical exercise teachers with the latest insights into the training of running. The training as presented here is based on biomechanical principles. Scientific insights are translated into practical training techniques in the discussion of topics such as running technique, energy supply processes and adaptation through training.

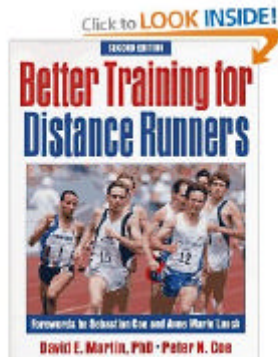
Frans Bosch was educated as a teacher in physical education. Since 1999 is he working for the Royal Netherlands Track and Field Association (KNAU) as trainer-coach of an elite-group runners and jumpers. Ronald Klomp was also trainer for the KNAU. Since 2001 he has his own international group of elite runners. After his graduation as a teacher in Physical Education he studied Human Movement Sciences at the Free University of Amsterdam.

## **Endurance**



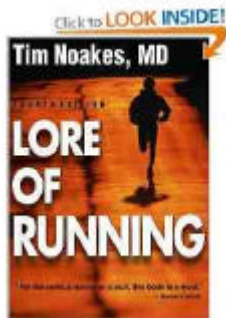
### **High Performance Middle Distance running - Dave Sunderland - 18**

Aimed at both athletes involved in competitive middle distance running and their coaches, this invaluable volume, based on the author's forty years' experience in athletics, is essential reading for all those who wish to improve their performance. Throughout the book the author adopts a practical coaching approach based on sound principles and on the belief that nothing be left to chance and that 'perfect preparation makes for perfect practice'. Topics covered: Time Management, support systems, the review and evaluation of the season, planning, target setting and race selection Technique, the enhancement of the essential qualities needed by the athlete, training systems, conditioning training methods and mobility exercises Key training sessions, levels of training intensity, progressions, schedules, race strategies and tactics Rest, regeneration, injury prevention & much more



### **Better training for distance runners – Coe and Martin - 19**

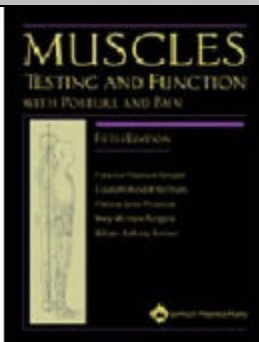
This text integrates scientific principles about how the body adapts to training with practical information on designing individualized training programmes for middle- and long-distance runners. It covers: the biomechanics and biochemistry of running; goal-setting for competitive runners; developing a plan for total body fitness; strategies for successful racing from the 800-metre through the marathon; integrating psychological and psychological aspects of athlete development; and stress management.



**Lore of running - Tim Noakes - 20**

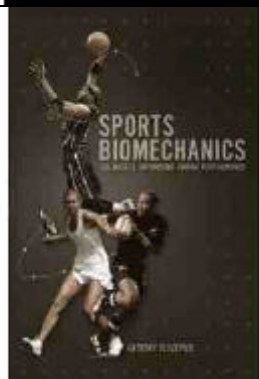
Now revised, expanded and updated, Lore of Running gives you incomparable detail on physiology, training, racing, injuries, world-class athletes, and races. Author Tim Noakes blends the expertise of a physician and research scientist with the passion of a dedicated runner to answer the most pressing questions for those who are serious about the sport: · How your body systems respond to training, the effects of different training methods, how to detect and avoid overtraining, and genetic versus trainable potential · How to train for the 10K up through ultramarathon with detailed programs from Noakes and several leading running experts · How to prevent and treat injuries, increase your strength and flexibility, and use proper nutrition for weight control and maximum performance You ll also find a candid analysis of supplements and ergogenic effects and training aids. The book includes new interviews with 10 world-class runners who share their secrets to success and longevity in the sport. Features on legendary figures and events in running history provide fascinating insights. And that s just scratching the surface. Lore of Running is not only the biggest and best running publication on the planet. It s the one book every runner should own.

**Other**



**Muscles, Testing and Function - Kendall, Florence; McCreary, Elizabeth; Provance, Patricia - 21**

This renowned classic provides unparalleled coverage of manual muscle testing, plus evaluation and treatment of faulty and painful postural conditions. The thoroughly updated Fifth Edition is completely reorganized and has new, expanded treatment and exercise sections in each chapter. Other features include a new section on post-polio syndrome, additional case studies comparing Guillain-Barre to polio muscle tests, a new full-color design, and a first-of-its-kind chart of upper extremity articulations. A bonus Primal Anatomy CD-ROM contains a three-dimensional interactive model of the human body. Students can rotate the model and add or subtract layers of anatomy to strengthen their knowledge.



**Sports Biomechanics: The Basics : Optimising Human Performance - 22**

For coaches, athletes and students of biomechanics, Sports Biomechanics: the basics answers real-world questions in sports using easily comprehensible language and clear and concise diagrams. Each chapter is devoted to answering questions in a single area of sports biomechanics with the scientific underpinnings of sports performance clearly explained. Biomechanics is simply the science of 'mechanics', a particular section of physics, as it relates to the human body. In the sport sciences, biomechanists do just about everything, including improving aerodynamics of vehicles, improving swim stroke technique to maximise swimming propulsion, and optimising running technique to increase running speed or efficiency. It is a core subject on all sports science courses, and undergraduates must complete this module in their first (and often second) year. Because of the use of maths and physics to explain biomechanical concepts, students often find it difficult to grasp the basic elements of biomechanics. Anthony Blazevich's book is designed to explain to students the key concepts of biomechanics, using clear examples, tying all theory to practical examples to help students relate the biomechanics principles to improving in their coaching and performing.