

# Throwing Resources

## Throwing Websites

<http://www.nationalthrowscoachesassociation.com/> - National Throws Coaches Association website – training articles and conference information

<http://macthrowvideo.com/> - website with tons of throwing videos

<http://www.effortlessthrow.org> - The Ring - semi live chat for throwers

<http://www.geocities.com/Colosseum/park/3731/> - happy throwers society website

<http://www.geocities.com/Colosseum/8682/> - the throwers page

<http://www.randybarnes.com/> - Randy Barnes webpage

<http://www.canthrow.com> - Canadian throw site

<http://www.coacheseducation.com/throws.htm> - throws articles

<http://www.longandstrong.com/> - long and strong webpage

<http://www.avalon.net/~nsmka/throws.html> - Norm Balke throw page

<http://www.throwfarther.org/> - website with articles and video clips

<http://www.boiseschools.org/schools/timberline/departments/technology/shotput/shotanalysis.html> - shot put analysis

<http://danjohn.org/> - Dan John discus & lifting page

<http://www.scarletknights.com/strength/> - Rutgers strength & conditioning page

<http://www.myschoolonline.com/site/0,1876,1215-197744-1-89144,00.html> - Coach Mac's website

## **Books**

Dunn, George and McGill, Kevin. *The Throw Manual*, 3<sup>rd</sup> Edition, Copyright 1994 by Tafnews Press

Naclerio, Tony. *The Teaching Progressions of the Shot-Putt, Discus, and Javelin*, Copyright 1988 Tony Naclerio

Jones, Max. *Discus Throwing*, 6<sup>th</sup> Edition, Copyright 1993 by British Athletic Federation

Jones, Max. *Shot Putting*, 6<sup>th</sup> Edition, Copyright 1995 by British Athletic Federation

Jarver, Jess. *The Throws Contemporary Theory, Technique and Training*, Sixth Edition, Copyright ??? by Tafnews Press

Jarver, Jess. *The Throws Contemporary Theory, Technique and Training*, Fifth Edition, Copyright 2000 by Tafnews Press

Jarver, Jess. *The Throws Contemporary Theory, Technique and Training*, Fourth Edition, Copyright 1994 by Tafnews Ppress

Collection of Authors. *Complete Book of Throws*.

## **Videos**

John Powell video on discus throwing

Mac Wilkins & Al Feurbach video on shot putting

Mac Wilkins video on discus throwing

Larry Judge videos on throwing

Jud Logan videos

Rob Lasorsa videos on throwing

Robert Budke videos on throwing

LSTJ Rotational Shot Put

**Periodicals - Long & Strong Magazine**