

This DVD is the fourth in a series commissioned by Victorian Little Athletics Association Inc (VLAA) to raise the level of basic skills in young athletes in Victoria. This series is for the beginner athlete and parents to attain a competent level of expertise in the featured event.

This DVD covers the skills and techniques in the areas of Sprinting, Relays and Starting, both standing and crouch. It also provides basic drills for each of the events and current VLAA regulations as of October 2009.



Sprints / Starts / Relays is the fourth DVD in the Coaching Young Athletes series Produced by Spinrite Pty Ltd in association with Victorian Little Athletics Association Inc. with assistance from KidsKlix.



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Coaching Young Athletes - Sprints / Starts / Relays

#4



Coaching
Young Athletes

Sprints / Starts / Relays