**Track Videos – “Work In Progress” 2013**

**Motivation**

<http://www.youtube.com/watch?v=yWQ4rNtf-Rg&feature=related>

<http://www.youtube.com/watch?v=jImQqejgqNU&feature=fvwrel>

<http://www.youtube.com/watch?v=70UF82nysIU&feature=related> 600m Fall

**Training**

<http://www.youtube.com/watch?v=LLzI1mcvIv8&feature=related> Plyometrics & High Intensity

<http://www.youtube.com/watch?v=gXkt1txOunI&feature=related> Agility Ladder

<http://www.youtube.com/watch?v=_ZaGN3VhgVM&feature=related> Agility Ladder – Upper Body

**Sprints**

<http://www.youtube.com/watch?v=yxkQfPhwZt0&feature=related> Pop Ups, Bounding, A/B/C Skipping, Line Plyometric Drills \* Language – use NO sound

<http://www.stack.com/video/269266233001/Sprint-Phases-With-US-Sprinter-Leroy-Dixon/> Phases

<http://www.youtube.com/watch?v=xd2hnsR4YcM> Accelerations Starts

<http://www.youtube.com/watch?v=XvDL958-uys> 1-2 Punch Step for Acceleration

<http://www.stack.com/video/1155603036001/Sprint-Endurance-Drills/> Endurance Training

<http://www.stack.com/video/77868661001/Olympic-Sprinter-Rodney-Martin-Resistance-Belt-Drills/> Resistance Belt Drills

<http://www.youtube.com/watch?v=Uhuzfd9mYjE&feature=relmfu> Sprint Mechanics-Quick Legs & Recovery

<http://www.youtube.com/watch?v=u18_-87Pb6U&feature=bf_next&list=PLC20F3905019A6888> Usain Bolt 2008-09

<http://www.youtube.com/watch?v=KpRAXFpbp4Y&feature=related> Usain Bolt Sport Feature

<http://www.stack.com/video/1858953303/TF-Coach-Brooks-Johnson-on-Getting-Out-of-The-Blocks/> Blocks Rebound Action

<http://www.youtube.com/watch?v=9IwHjF_CiYc&feature=related> Slow Motion Block Starts

<http://www.youtube.com/watch?v=LjuSFAvG2y0&feature=em-uploademail-ot> Stepping out vs Preferred Pushing Out

<http://www.youtube.com/watch?v=Oe3St1GgoHQ> Water Running (Liquid Mountaineering)

**Hurdles**

<http://www.youtube.com/watch?v=ZgJAS6kBeAE&feature=channel&list=UL> Walk Overs & Trail Leg Wall Drill

<http://www.youtube.com/watch?v=1Iul4gkyaOs&list=PLC20F3905019A6888&feature=mh_lolz> Slow Motion

<http://www.youtube.com/watch?v=e0pXxFcZBmE&feature=bf_prev&list=PLC20F3905019A6888> Hurdle Dance

<http://www.youtube.com/watch?v=mw00P5YVThA&feature=related> Hurdle Dance Warm-up

<http://www.youtube.com/watch?v=Oosf6Sw0nPQ> Knee Drive & Straight Leg Drive Drills

<http://www.youtube.com/watch?v=kFjhNGigBi8&feature=related> Walk Overs, Back & Overs, Over & Unders, One Step Trail Leg, One Step Lead Leg, One Step Walk Overs

<http://www.youtube.com/watch?v=tiZCcY7Vg3k&feature=related> Standing Trail Leg, Walking Trail Leg, Walking Lead Leg, Alternate Lead Leg Drills

<http://www.youtube.com/watch?v=S-aMcv9OJQ0&feature=related> Sweet 70’s music...great high hurdle breakdown

<http://www.youtube.com/watch?v=25qxIJFRIro&feature=related> 3:15 Starts 4:25 Great arm position

<http://www.youtube.com/watch?v=Lz6DfePUfIU&feature=related> Warm-up drills – BEST

<http://www.youtube.com/watch?v=UA8eraZifhI&feature=relmfu> One Step & Three Step Drills

<http://www.youtube.com/watch?v=8brPabMEVE0> Hurdle Mobility

**Relays**

<http://www.youtube.com/watch?v=GePIN-NUJJs&feature=related> 4x400 Paris 2011 Open Exchange Shots

<http://www.youtube.com/watch?v=4bc7UFj_RrU&feature=related> 4x100 and 4x400 Exchanges Explained

<http://www.youtube.com/watch?v=2IH2jPT81kc&feature=related> 2011 4x100m Mens – Great exchange Pics

<http://www.youtube.com/watch?v=9pFgIKGpUAM&feature=related> Jamaica World Record 2011

**Jumps - General**

Long, High & Triple Best Jumps

<http://www.youtube.com/watch?v=nMK_jVy5ZuI&feature=channel&list=UL>

**High Jump**

<http://www.youtube.com/watch?v=6CkAfx1E58M&feature=fvwrel> Men’s High Jump Final 2011

<http://www.youtube.com/watch?v=_6cFd57jppY&feature=related> Women’s High Jump Final 2011

<http://www.youtube.com/watch?v=N4HiwJvwidM&feature=related> High Jump – Best of 2011

<http://www.youtube.com/watch?v=SVnngqV3PBE&feature=related> High Jump Technique Drills

<http://www.youtube.com/watch?v=OWy-OGLaptY> Slow motion analysis

<http://www.youtube.com/watch?v=25qxIJFRIro&feature=related> Knee spread, Knee Drive, Look Back, Plant Foot, Leg Snap

<http://www.youtube.com/watch?v=wgdX38wGgHM&feature=related> Dynamic Warm up

<http://www.youtube.com/watch?v=Mfaj-OdbS-c&feature=related> Approach Drills

<http://www.youtube.com/watch?v=__B7aTvFJ7U&feature=related> Closer look at the Approach – math style

**Long Jump**

<http://www.youtube.com/watch?v=yVhYUsl8K1M&feature=related> ``Typical`` Long Jump Workout

<http://www.youtube.com/watch?v=UCZGbQFg6io&feature=relatedb> Slow motion

<http://www.youtube.com/watch?v=9QGlOoutwLY&feature=related> Greatest Compilation

<http://www.stack.com/video/1858922785/Olympic-TF-Coach-Brooks-Johnsons-Long-Jump-Tips/> Speed Requirements

**Triple Jump**

<http://www.youtube.com/watch?v=z35QkFl2tyU&feature=relmfu> Greatest Compilation

<http://www.youtube.com/watch?v=8Xx39fNNRAk> World Champs 2011 Slow Motion

**Javelin**

<http://www.youtube.com/watch?v=25qxIJFRIro&feature=related> 4:40 Blocking Leg & Footwork

<http://www.youtube.com/watch?v=XRJBj-Ui9Z8&feature=g-vrec> 2011 Mens Worlds

<http://www.youtube.com/watch?v=unTcBJb8sHA&feature=related> 2011 Womens Final

<http://www.youtube.com/watch?v=Sylu02rQXJY> Slow Motion \* Language – use NO sound

<http://www.youtube.com/watch?v=xlOc6r6E08w> Slow Motion 300fps SWEET

<http://www.youtube.com/watch?v=qVO89xE8o1I&feature=related> Best javelin Throwers

**Shot Put**

<http://www.youtube.com/watch?v=rfeD7kDOMWo> Slow Motion Gliders

<http://www.youtube.com/watch?v=goVP6vl-ad8> Top 4 2009 Slow Motion

<http://www.youtube.com/watch?v=1ZdDvlwpe7Q> Sweet frame by frame

<http://www.youtube.com/watch?v=oduqzfbJE3w&feature=related> 6 phases of Rotation

<http://www.youtube.com/watch?v=DyD4DMHEYkU&feature=related> Getting your Hips Into It

<http://www.youtube.com/watch?v=AVpD5m1XogY> Drills

**Discus**

<http://www.youtube.com/watch?v=wIpoQsO5Vfg> 2011 Worlds

<http://www.youtube.com/watch?v=jZsoyoQFF_c&feature=related> World Class Throwers – slow motion

<http://www.youtube.com/watch?v=ePtObbk8c_0&feature=related> Pivoting Drills

<http://www.youtube.com/watch?v=GqlAC-nL04o&feature=channel&list=UL> Delivery Drills

<http://www.youtube.com/watch?v=QlMyC_QDh6w&feature=channel&list=UL> 4 throwers compared

<http://www.youtube.com/watch?v=POehUzUwjx0&feature=relmfu> 6 Phases of rotation

<http://www.youtube.com/watch?v=pPrW3iW0DA8&feature=related> South African Slow Motion

<http://www.youtube.com/watch?v=zA5Y8108bOA&feature=related> A few slow motion pointers

<http://www.youtube.com/watch?v=AVpD5m1XogY> 3:41 Drills

<http://www.youtube.com/watch?v=4L1IsoY7juE&feature=channel&list=UL> Shuffle Shuffle Stop Turn Drill

**Distance**

<http://video.tsn.ca/?dl=running-latest/latest/1/0/920351/clip/93> TSN Knowledge & Performance Clips