

# THE RESOURCE CENTRE



FOR SPORT, CULTURE & RECREATION

Motivating athletes is one of the most important parts of being a coach, but what about the stresses on the coaches themselves? The following DVDs are available from the Resource Centre and can help you with some of the top issues in coaching today: stress management, motivation, team building, skill development, and coaching differences between males and females. To see the full selection of items the Resource Centre has available, search our online catalogue at [www.spra.sk.ca](http://www.spra.sk.ca).

*Achieving excellence [DVD videorecording] / Rose DuBois.*

Covers a wide variety of ideas and points that coaches and teachers can employ to enhance the performance level of their student-athletes.

*Coaching and teaching in the iron age [DVD videorecording] / Rose DuBois.*

Deals with the changing times and styles in coaching and offers tips for assuming leadership roles that can enhance the performance of students and athletes.

*The coach's guide to motivating different types of players [DVD videorecording] / Eddie Hill.*

How coaches can motivate four distinct types of players on their teams-the results-oriented leader; the talkative people person; the limited-talent, hard worker; and the apathetic kid.

*Incorporating gender differences into your coaching approach [DVD videorecording] / Kathi Wieskamp.*

Significant differences exist in coaching males versus coaching females and this video covers the implications of these differences for coaches.

*Individual skill development for youth volleyball [DVD videorecording] / Candace Moats.*

A detailed overview of age-appropriate individual drills for beginning athletes focusing on a single factor at a time.

*Motivating your players [DVD videorecording] / Bruce Eamon Brown.*

How to motivate their teams with positive energy and love to get athletes to do everything they are capable of and to enjoy the experience in the process.

*Student-athlete stress management [DVD videorecording] / Kathi Wieskamp.*

Provides insights in determining what causes the stress in the lives of student-athletes and how coaches might identify the physical, mental, and emotional signs that are attendant to such stress.

*Team building through positive conditioning [DVD videorecording] / Bruce Eamon Brown.*

Turn what is usually the most difficult and negative part of practice (conditioning) into a positive aspect. Features conditioning drills built on positive principles of team building.

*Why good coaches quit [DVD videorecording] / Rick Aberman and John Anderson.*

Covers the challenges of coaching, such as: parents, media, behavioral problems, diminishing resources, and outside influences (agents, personal trainers, etc.), and the volatile emotions of an athlete.