

Throws Book Reviews
by Bruce "Buzz" Van Horne

One question that we are often asked at clinics and shows is " What good books do you have on the throws?" In the next few paragraphs I will overview the books that can best answer that question.

I feel there are four books that coaches can look to for some guidance. The first is maybe for the coach with a firm background in the events and is looking for a nugget or two to add to his/her knowledge base. Lets look at "The Throws" Jesse Jarver, editor. Now in its fifth edition, Jarver has a collection of articles that take you from the basics to the extremely technical. The articles are timely and will leave you with some food for thought. Also in this category "Complete Book of Throws". The newest book on the market has information on how best train and get ready to compete. Nice addition to any library.

Next we want to look at the books that might be the answer for the coach that is not as familiar with the events.

We begin with "The Throws Manual" by George Dunn and Kevin McGill now in its third edition. This is the granddaddy of throws books. It has a more hands on approach filled with workouts, points on technique and illustrations. The current edition has more on the javelin and hammer than the previous ones. Great book for any level coach. Another great book for the novice or most accomplished coach is "Teaching Progressions Book" by Tony Naclerio. This book is chock full of workouts, technique, and pictures. Tony has every event broken down to its most basic part and has drills and pictures to help get his points across. One nice thing is Tony has added a video for each of the events that goes along with the book.

So there you have it, a quick overview of the most popular books on the throws on the market.

All of these books can be purchased from M-F Athletic Company at 1-800-556-7464 or www.mfathletic.com

Remember, National Throws Coaches Association members get a 10% discount on all purchases from M-F Athletic Company.