

Visual Education Centre Limited presents...

PHYSICAL EDUCATION & SPORTS DVD'S

Produced by SportVideos

Advanced Basketball Workout

Coach Al Sokaitis and Brad Oleson provide an outstanding assortment of drills designed to develop advanced level skills at both ends of the court. This comprehensive program includes a variety of drills to improve shooting, conditioning, footwork, speed and power, one-on-one play, ball-handling, dribbling, defense, rebounding, and more.

© 2005 • 40 minutes • Order # SV003



Becoming A Faster Swimmer Series

Five-Time Olympic Gold Medalist and former 50 meter World Record holder Tom Jager teaches a young swim team the essential details of different strokes as well as the starts, turns and finishes for all strokes. These informative programs will benefit swimming coaches and swimmers at all developmental levels. It will also help to make practices more productive and competitions more successful.

Programs:

Becoming a Faster Swimmer:

Freestyle

© 2004 • 100 minutes • Order # SV010

Becoming a Faster Swimmer: Backstroke

© 2005 • 40 minutes • Order # SV011

Becoming a Faster Swimmer: Breaststroke

© 2005 • 35 minutes • Order # SV012

Becoming a Faster Swimmer: Butterfly

© 2005 • 35 minutes • Order # SV013

Becoming a Faster Swimmer: Starts, Turns and Finishes for All Strokes

© 2005 • 72 minutes • Order # SV014

Bowling Series

In this entertaining and informative series, coaches Fred Borden and Ken Yokobosky teach groups of bowlers everything they need to know to excel at the game, from beginner to advanced bowlers.

Some of the topics covered include: equipment, rules and etiquette, the four-step approach, arm swing, finish position, the release, drills you can practice at home, common faults and fixes, the strike ball, making spares, adjusting to changing lane conditions, mastering the mental game, trick shots from Ken and more. The perfect guide for bowlers of all skill levels.

Programs:

Bowling Fun and Fundamentals for Boys and Girls

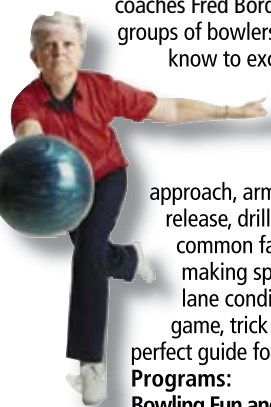
© 2005 • 43 minutes • Order # SV005

Essential Keys to Better Bowling

© 2004 • Order # SV006

Advanced Bowling: Techniques, Tips, and Tactics

© 2005 • 76 minutes • Order # SV007



Cheerleading Series

This informative series has everything you need to be successful in cheerleading, whether as a cheerleader or coach. University of Oklahoma Coach Brandy Corcoran and the Sooner cheerleaders cover every aspect of cheerleading, from tryouts, to beginning cheerleading, to advanced cheerleading.

Programs:

Cheerleading Tryout Tips

© 2005 • 44 Minutes • Order # SV015

Beginning Cheerleading

© 2005 • 34 Minutes • Order # SV016

Advanced Cheerleading

© 2005 • Order # SV017

Fundamentals of Youth Football

This comprehensive DVD provides detailed step-by-step instruction of the most vital offensive and defensive fundamentals. Each skill is clearly broken down, demonstrated, and applied in a variety of drills. An invaluable resource for any coach, parent, or child participating in youth football.

© 2005 • 45 minutes • Order # SV001



High School Basketball Series

Coach Al Sokaitis teaches essential basketball fundamentals and provides a series of innovative drills to develop well-rounded high school players. Some topics covered include: dribbling, shooting, passing, one-on-one moves, post play, numerous practice drills, and much more.

Programs:

High School Basketball: Skills and Drills

© 2005 • 117 Minutes • Order # SV018

High School Basketball: Offense

© 2005 • Order # SV019

High School Basketball: Defense

© 2005 • Order # SV020

Play Better Baseball

This DVD program features instruction by former University of Arizona Head Coach Jerry Stitt. It provides progressive step-by-step instruction of throwing, fielding and hitting fundamentals. Part 1 covers gripping the baseball, throwing progressions, and proper technique and footwork. Part 2 covers fielding fundamentals and drills for both infielders and outfielders. Part 3 covers essential hitting mechanics and drills. This comprehensive program will help coaches and players to establish the proper foundation necessary to be successful in baseball at any level.

© 2004 • 70 minutes • Order # SV002



Racquetball Series

Hall of fame coach Jim Winterton covers all of the aspects necessary to become a successful racquetball player. As he trains beginning to advanced students, Winterton also helps coaches and teachers by explaining instructional techniques. The topics covered in this series are: forehand and backhand, shot selection, general strategies, conditioning, a variety of serves, return of serve, court positioning, numerous drills to improve footwork, agility, and stroke mechanics, plus much more. These informative DVDs are an invaluable resource for players, coaches, and instructors, and will clearly demonstrate how to train, practice, think, and play like the pros!

Programs:

Beginning Racquetball: Skills and Drills

© 2004 • 78 minutes • Order # SV008

Advanced Racquetball: Secrets of the Pros!

© 2005 • 85 minutes • Order # SV009



Teaching Kids How to Play Tennis

Coach Dick Gould makes learning the basic skills and strategies of tennis easy and fun! He provides the students with step-by-step instruction, designed to develop their confidence and skill level. Among the topics covered on this DVD are: racquet control drills, forehand, backhand, movement drills, rally drills, practice games, net play, serving and how to keep score.

© 2006 • 81 minutes • Order # SV004

Youth League Basketball Series

In this series of DVDs, Coach Al Sokaitis provides a comprehensive program designed to help young players develop essential basketball fundamentals.

He presents a wide variety of creative and essential practice drills for players and coaches. Each skill is taught in detail, including: ball handling, shooting, passing, one-on-one moves, defense, rebounding, warm ups, offensive concepts, post play, the four out set, transition offense and the flex offense.

Programs:

Youth League Basketball: Skills and Drills

© 2006 • 104 minutes • Order # SV021

Youth League Basketball: Offense

© 2006 • 61 minutes • Order # SV022

Youth League Basketball: Defense

© 2006 • Order # SV023

Pricing:

Circulation PPR Price: \$139.99 Each

Single-Site PPR Price: \$69.99 Each

Public Library (No PPR) Price: \$34.99 Each

Taxes, shipping and handling extra.

For more sports program
see reverse...

Visual Education Centre Limited presents...

Youth Sports Club Series

A collection of excellent sports instructional programs from Coach Marty Schupak and the Youth Sports Club. Coach Marty Schupak has been recognized by the ABCA (American Baseball Coaches Association) and his videos have been recommended by the National Alliance of Youth Sports.

Produced by Youth Sports Club

34 Soccer Goalie Drills

Provides numerous creative drills that some of the best soccer goalkeepers in the world use to perfect and enhance their skills. This highly effective program covers: Goalkeeping Conditioning Drills, Lateral Skill Techniques, Diving Skills & Drills, Punting Techniques, Breakaway Goalie Defense, Fun Games, Advanced Skills, and Bonus Tips.

© 2005 • 34 min. • Gr. 3-Adult • Order #YSC0109

48 Championship Basketball Drills.

Often called "youth basketball's sixth man," this video provides dozens of creative drills used by successful coaches. Whether you are a coach of a school team or a parent coaching a youth team, this program will help you run effective, efficient practices that improve player and team skills while keeping players highly motivated. The video includes shooting, conditioning, rebounding, passing, and ball handling drills, plus lots more.

© 2000 • 42 min. • Gr. 9-Adult • Order #YSC0103

The 59 Minute Baseball Practice

Often this program contains over 30 easy to follow drills:

Hitting, pitching, first and third strategies, and baserunning.

This program is now required by some leagues for coaches and parents. Coach Schupak has coached youth baseball for 13 years and has developed drills and techniques that enable a coach or parent to run a youth baseball practice within an hour.

© 1999 • 34 min. • Gr. 9-Adult • Order #YSC0100

Backyard Baseball Drills

This video has been called "the most creative sports instructional video ever made." Coach Marty Schupak takes household items and puts them to use as props for baseball drills. Instead of spending \$200.00 for a baseball hitting net, coach Schupak shows coaches/parents how to make something equivalent for under \$20.00. Other items such as cinder blocks, bricks, a bathroom plunger and believe it or not, a dozen eggs make "Backyard Baseball Drills" a true baseball lovers delight.

© 2001 • 32 min. • Gr. 9-Adult • Order #YSC0102

Backyard Soccer Drills

"Backyard Soccer Drills" includes more than fifty creative backyard drills for the youth soccer athlete. This program emphasizes, (1) fast footwork drills; (2) shooting drills; (3) passing drills; (4) volley drills; (5) goalie drills; and (6) heading techniques. Real game situations, along with fun soccer games highlight the essential drills and techniques in becoming a serious youth soccer athlete or coach.

© 2004 • 34 min. • Gr. 7-Adult • Order #YSC0107

Pricing:

Circulation PPR Price: \$139.99 Each

Single-Site PPR Price: \$69.99 Each

Public Library (No PPR) Price: \$39.99 Each

Taxes, shipping and handling extra.



Championship Soccer Drills

Provides dozens of creative drills used by successful coaches. Marty Schupak and the Youth Sports Club, with the assistance of world renown former professional player and youth coach, Bart Jansen, combines some of the most essential soccer skills into drills, scrimmages and fun games. This program has been recommended by the National Youth Sports Coaches Association, the largest amateur training organization for youth coaches in North America. The program is appropriate for beginning soccer players as well as advanced players ages 6-18. Youth coaches, school coaches and parents of soccer players, will find this program a tremendous teaching tool to improve individual and team skills.

© 2003 • 45 min. • Gr. 4-Adult • Order #YSC0105



Driveway Basketball Drills

This program includes more than thirty basketball drills that a player can practice in any driveway with friends and neighbours. The program highlights shooting drills, ball handling drills, passing drills, defensive drills, offensive moves, and fun games. The Youth Sports Club makes practicing basketball exciting, challenging, informative, and fun for any youth athlete.

© 2005 • 31 min. • Gr. 7-Adult • Order #YSC0108



Pitching Drills & Techniques

Explores drills that are beneficial for young pitchers, ages 7-12. The pitching process is simplified, and includes more than 20 drills which show young players the body parts involved in the perfect pitching motion. The program walks players through the wind up, front leg lift, release and follow-through. Important tips are included on how to recognize when a young pitcher is getting tired during a game. This is a must for any youth baseball coach or parent of aspiring young pitchers.

© 2004 • 34 min. • Gr. 4-Adult • Order #YSC0106

Soccer Shooting Drills

Demonstrates more than thirty creative, fun, and technical shooting drills for youth soccer athletes dedicated to perfecting and enhancing their scoring fundamentals. The program contains helpful and informative shooting drills and techniques that are a must have for any parent, youth soccer coach or athlete, including bonus tips.

© 2005 • 32 min. • Gr. 3-Adult • Order #YSC0110

Winning Baseball Strategies

Produced as a follow-up to the best selling "59 Minute Baseball Practice," this program goes into some of the best coaching strategies and philosophies used at the youth level. Made for the more competitive youth coach, the video covers such things as: cutoffs and who takes the throw, back up situations, advanced first and third defensive situations, the delayed steal and when to use it, bunting situations, pick off situations and a variety of advanced skill strategies. It also contains a Quick Hint section.

© 2002 • 32 min. • Gr. 9-Adult • Order #YSC0101



See reverse for more programs...

Visual Education Centre Limited

Toronto: (416) 252-5907 or (800) 668-0749 • Montreal: (514) 352-5361 or (800) 989-8929 • Calgary: (403) 873-9281 or (888) 873-9281

Toll-Free Fax: (888) 673-7886

Email: sales@visualed.com • Website: www.visualed.com