

Coaching and Education

Coach Education

Guidance when delivering online training and activities for tamariki and rangatahi – See the online do's and don'ts here

Athlete Education

Drugfree Sport NZ - Drug-Free Sport New Zealand (DFSNZ) is encouraging club level sportspeople to “take the 101” and learn how the sports anti-doping rules apply to them. For more information on completing DFSNZ's newest online education programme an Online course please click this link [Clean Sport 101](#)

Athletics

Home Advantage Tip 1: [Shot Put Throwing with Tom Walsh's coach Dale Stevenson](#)

Home Advantage Tip 2: [How to Perfect your Running Technique](#)

Home Advantage Tip 3: [Core Stability training with Sarah Cowley-Ross](#)

Home Advantage Tip 4: [Conditioning Workout at Home with Nico Moratella](#)

Home Advantage Tip 5: [Indoor Circuit Workout with Nico Moratella](#)

Home Advantage Tip 6: [Track & Field Workout from home](#)

Home Advantage Tip 7: [Speed and Agility Workout at home](#)

Home Advantage Tip 8: [Plyometrics with Ed Fern and Michelle Farmer](#)

Home Advantage Tip 9: [Feet and Leg Conditioning with Lara Hockly and Ed Fern](#)

Olympic Ambassador Schools Programme: [Sarah Cowley Ross](#)

Badminton

Home Advantage Tip 1: [Mastering the Backhand Serve](#)

Home Advantage Tip 2: [The Backhand and Forearm Underarm Stroke](#)

Home Advantage Tip 3: [How to Nail Your Footwork](#)

Home Advantage Tip 4: [Changing Grips & Footwork](#)

Home Advantage Tip 5: [How to Change Grip in a Rally Situation](#)

Home Advantage Tip 6: [Footwork Warm up Drills with Anona Park](#)

Home Advantage Tip 7: [The Backhand Net Shot with Brent Miller](#)

Home Advantage Tip 8: [Forehand Serve with Brent Miller](#)

Home Advantage Tip 9: [Overhead Swing & Smash with Brent Miller](#)

Basketball

Home Advantage Tip 1: [Dribbling with Tall Black Taylor Britt](#)

Home Advantage Tip 2: [Dribbling Drills with Tall Fern, Micaela Cocks](#)

Home Advantage Tip 3: [Ball Skills with Jarrod Kenny](#)

Home Advantage Tip 4: [Dribbling with Jarrod Kenny](#)

Home Advantage Tip 5: [Shooting Drills with Isaac and Dan Fotu](#)

Home Advantage Tip 6: [Shooting and Footwork Drills with Kalani Purcell](#)

Home Advantage Tip 7: [Footwork & Combination Drills with Nat Taylor](#)

Home Advantage Tip 8: [Ball Handling & Passing Drills with Penina Davidson](#)

Home Advantage Tip 9: [Defensive Exercises with Toni Farnworth](#)

Canoe Racing

Home Advantage Tip 1: [Core work at home with Kayla Imrie](#)

Canoe Slalom

Home Advantage Tip 1: [Luuka Jones](#)

Cycling

Home Advantage Tip 1: [Agility, Bunny Hops and Skids with Rebecca Petch](#)

Home Advantage Tip 2: [Explosive Jump Training with Ethan Mitchell](#)

Home Advantage Tip 3: [Core Workout with Ally Wollaston](#)

Dragon Boating

Home Advantage Tip 1: [Paddling Technique Workout at Home](#)

Golf

Home Advantage Tip 1: [Putting with NZ Pro Ryan Fox](#)

Home Advantage Tip 2: [Recovery Shots with Luke Toomey](#)

Gymnastics

Home Advantage Tip 1: [Aerobics: Fundamental Movements & Transitions](#)

Home Advantage Tip 2: [Trampolining: How to Seat Drop, Front Drop and Back Drop](#)

Home Advantage Tip 3: [Trampolining: How to Stomach Drop with Maddie Davidson](#)

Home Advantage Tip 4: [Floor Tricks with Courtney McGregor](#)

Home Advantage Tip 5: [Artist Gymnastics with Misha Koudinov](#)

Karate

Home Advantage Tip 1: [An Introduction to Punches, Kicks and Blocks](#)

Home Advantage Tip 2: [How to Gyaku Zuki Punch & Competition Kick](#)

Home Advantage Tip 3: [Coordination & Fighting Stance with Chiemu Iioka and Jade Taylor](#)

Skateboarding

Home Advantage Tip 1: [How to Ollie & Kickflip](#)

Snow Sports

Home Advantage Tip 1: [Skiing Skills with Olympian Beau-James Well](#)

Home Advantage Tip 2: [Freestyle Skiing Technique with the Porteous Brothers](#)

Softball

Home Advantage Tip 1: [Fielding with the White Sox: The Lewin Sisters](#)

Home Advantage Tip 2: [Hitting with the White Sox: The Lewin Sisters](#)

Home Advantage Tip 3: [Practising Outfield Skills with the White Sox](#)

Home Advantage Tip 4: [Infield drills with The White Sox](#)

Home Advantage Tip 5: [Bat Tricks with Cole Evans](#)

Sports Psychology

Home Advantage Tip 1: [Power of the Mind with Hamish McIntosh](#)

Home Advantage Tip 2: [Sports Visualisation Techniques with Hamish McIntosh](#)

Home Advantage Tip 3: [How to Improve Your Concentration for Sports Performance](#)

Home Advantage Tip 4: [Thinking About Playing Again Post Lockdown](#)

Surfing

Home Advantage Tip 1: [Training at home with Billy Stairmand](#)

Surf Life Saving

Home Advantage Tip 1: [Core Strength with Danielle McKenzie](#)

Swimming

Home Advantage Tip 1: [Reaction Time with Olympian Helena Gasson](#)

Home Advantage Tip 2: [How to Improve Turns with NZ Aqua Blacks](#)

Home Advantage Tip 3: [Breaststroke Technique Tips](#)

Squash

Home Advantage Tip 1: [Squash World Ranked Paul Coll's Workout](#)

Home Advantage Tip 2: [How to train at home with Paul Coll](#)

Home Advantage Tip 3: [Ball Control with Paul Coll](#)

Tennis

Home Advantage Tip 1: [Tennis with NZ Pro Artem Sitak](#)

Home Advantage Tip 2: [Volley & Smash with No.1 Junior Vivian Yang](#)

Home Advantage Tip 3: [Balance with NZ Pro Emily Fanning](#)

Home Advantage Tip 4: [Skills with Mike Venus](#)

Home Advantage Tip 5: [Drills with your Bubble Buddy](#)

Home Advantage Tip 6: [How to Improve Forehand and Backhand Strokes](#)

Home Advantage Tip 7: [How to Improve your Forehand and Backhand Smash](#)

Home Advantage Tip 8: [Backhand & Forehand Drills with NZ Tennis Duo](#)

Home Advantage Tip 9: [Volley Variations and Approach with Nick Jacques](#)

Ultimate Frisbee

Home Advantage Tip 1: [Learn the Forehand, Backhand and Hammer Throw Techniques](#)

Water Polo

Home Advantage Tip 1: [Passing and Ball Control](#)

Weightlifting

Olympic Ambassador Schools Programme: [Richie Patterson](#)

Wrestling

Home Advantage Tip 1: [Wrestling Drills & Pummeling](#)