

# Beginning Throws: Keep It Simple



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# Bio

- Glenbard South High School (11 years)
  - Special Education
  - Girl's Throwers Coach
  - Head Varsity Football Coach
- 9 out of my 11 years
  - Coached 6 state qualifiers
    - 2 All-State Athletes
  - Coach over 12 conference champs
- Big Coaching Influences
  - Gary Kostrubala
    - My college coach (Elmhurst)
  - Jim Braun
    - Metea Valley HS
  - Jim Aikens
    - Fremd HS
  - Scott Cappos
    - University of Nebraska
  - Mark Tacchi
    - Glenbard South HS

# Where to begin?

- Know the Basics
  - Shot Put Technique
    - Glide
  - Discus Technique
- Athlete Development
- Film Analysis
- Have fun!



# Know the Basics: Power Position

- *The most important part of the throwing progression, in my opinion.*
- Poor Power Position = Bad Throw
  - Simple, but true!
- Creating Torque with body positioning
- Base
  - Wider, “Athletic” Stance
    - Not too low
  - Heel-to-Toe Relationship
- EYES - Stay fixed in the back until you initiate the block arm
- Hips
  - Parallel w/ back of the ring
- Upperbody
  - Block Arm (non-throwing arm)
    - Long, straight
- Throwing Arm (Shot Put)
  - Elbow back
  - Palm slightly angled down
- Throwing Arm (Discus)
  - Long, Straight, Discus **MUST STAY BEHIND YOUR HIPS**





# Power Position Drills - EDDs (Every Day Drills)

- Perfect Power Position (2-3 X 30 Seconds)
  - Build Muscle Memory
- Hips
  - Heel Up, Heel Down
  - One a line
  - Hands on a wall
- Hip Pop
  - Med Ball
  - Hands on a wall
  - W/ Resistance band
  - In a hurdle
- Heel Kicks
  - Drive heel/ankle of right foot into a shot put that is placed 2" from ankle of right foot
- Block Arm
  - "Slap the Giant, Elbow the Elf"
  - Elbow Strike - Blocking pad
- The "Strike"
  - Blocking Pad
  - Wall Strikes
  - Exercise/Bench Toss w/ Partner
  - Chest-to-Ground Pushups
- Full Position Throws
  - 1-2-3s
  - 2-3s

# The Grip





# The Grip

- Rest on the pads of fingers
- Use index, middle, and ring fingers and your support
- Thumb is just for support
- Placement on the neck varies:
  - Gliders lower on neck
  - Spinners higher on neck



# Left Side Influences your Right Side (or Visa Versa)

- Heel Up, Heel Down - Hard Post
- Hips 1st, Block 2nd
- Block Arm angle is CRITICAL to the flight of Shot and Disc

# Shot Put: Glide Technique

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# Glide Breakdown: Back of the ring - The Right Side

- Grip Shot as discussed prior
- Flat Right Foot, center of the ring, starting point will vary per athlete
- All weight stays on right side
- Throw must maintain good throwing posture and stability
- Bend at the right knee and hips
  - Tap the toe (left side)

# Glide Breakdown: Back of the ring - The Left Side

- Long, relaxed left (block) arm
- Eyes (and block) fixed on focal point in the back
  - For beginners, I have them lock fix eyes and block on a focal point
- Raise left leg to a level in which balance occurs - Shoulders, Hips, leg all level
  - Height of left leg will vary per athlete



# Glide Breakdown: Getting to the Power Position

1. Pull left knee towards chest - KEEP RIGHT KNEE BENT
  - a. Creating Power and Energy
2. Stay in tuck position, allow for unseating of hips
3. Free fall of the hips
4. Drive Legs - Get to the Power
  - a. Left Leg “kicks open the door” and drives toward board
  - b. Right Leg drive toe to heel
5. Right leg must land in a “loaded” position





# Shot Put Breakdown: The Throw (Same for Glide and Rotational)

- Once your feet have landed in the Power Position...
  - a. “Slam on the brakes” or “Post” hard on left side
  - b. **\*\*Heel Up, Heel Down\*\***
  - c. Throw the Block Arm
    - Incredibly important
  - d. Start throwing motion
    - Hip -> Knee -> Toes -> Shoulder -> Release



# Shot Put Breakdown: The Throw (Same for Glide and Rotational)

- Continue to drive the right hip, knee, and toes throughout the throw.
- Explosive Post + Explosive Hip Drive + Aggressive Block = Good Throw
- What you do in the back of the ring WILL influence what happens in the front
- What your left does will influence your right side

# Glide Drills



- A-Drill
  - Throwing starts in desired position
  - Bring left leg in towards chest
  - Allow for “unseating” or free fall of hips
  - Drive left leg back as far as possible
  - Let right heel drag backwards
    - Can be done with a partner holding a towel to add resistance
    - Upper body is along for the ride -> It should not move

- Wall A-Drill
  - Same as above, but athlete starts with hands on a wall.

- A-Drill Limbo
  - Athlete completes drill under a broomstick,

- Drive backs
  - Athlete must complete 10 in a row, no rest between reps other than resetting position
- Line Glides
  - Same as above, but complete on a line.
    - Helps maintain a linear path towards the front of the ring.
    - Athletes can see if their feet are in a good “Heel-to-Toe Relationship”

\*\*\* ADD RESISTANCE TO ALL DRILLS BY INCORPORATING A PARTNER HOLDING A TOWEL OR RESISTANCE BAND.

\*\*\* PUT THE SHOT IN THEIR HANDS WHILE DOING THE DRILLS.

# Discus Throw



# Discus Throw: The Grip

- Hold in throwing hand
- Spread fingers out with index finger even with wrist
  - “Semi-Yoda” for smaller hands
- First knuckle over the edge of discus
  - Firm grip over the edge



# Discus Throw: Power Position

- Very similar to shot put, but the delivery of the implement is different.
  - When and how you engage your lower body is not different in comparison to throwing the shot
  - Keep throwing arm long and behind the hips as long as possible.
    - Make an X position



# Rotational Technique: Shot Put & Discus

- The essence of the rotational shot put technique is very similar to the spin for discus. Not exactly the same because of the implement and size of the ring.
- To teach it well it requires a firm knowledge of all the various stages and some bio-mechanics
- Rotational technique is more about finesse, and being smooth, than being powerful
- If you have a multisport athlete as one of your throwers, it's easiest to have them glide. If they can dedicated time outside of the track season to learn the spin it can be beneficial.
- High Risk High Reward



# Discus Technique: Stage 1 - The Wind

- Very Individualized movement
- The simpler the better for beginners
- Used to establish a “rhythm”
  
- Lower Body
  - Straddle the midline of ring with feet slightly wider than shoulder width
  - General Rule: Sit in a  $\frac{1}{4}$  -  $\frac{1}{2}$  squat; not too much deeper
  - Weight is distributed evenly OR 60% on left foot, 40% right foot



# Discus Technique: Stage 1 - The Wind

- Upper Body
  - Slight forward lean with chest over thighs
  - Begin the wind by bringing the discus just passed the left hip
  - Place left hand under discus when rotating back to right side to prevent it from falling
    - Advanced: Rotate discus during wind so palm of throwing hand is facing upward
  - Both arms should be long, straight, and at shoulder height
    - Don't allow discus to drop below the hip ever
  - Upper body can move with the wind
    - Lower body is still
  - Keep left arm inside of left knee



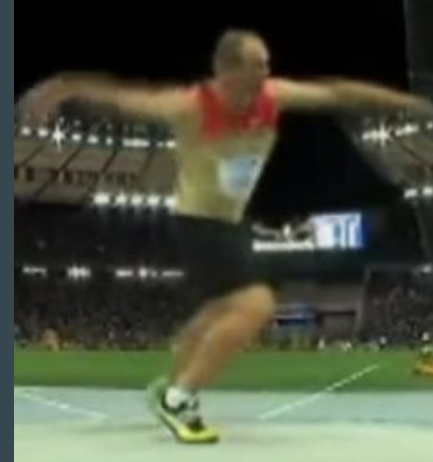
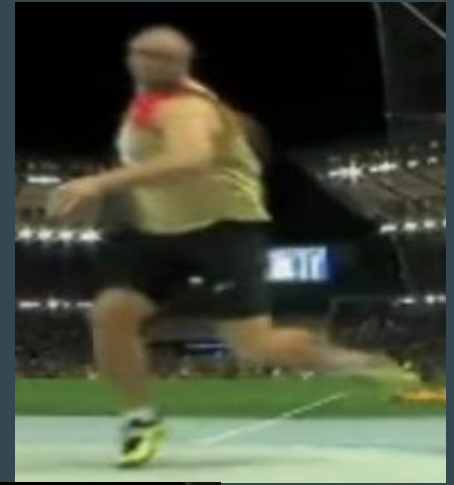
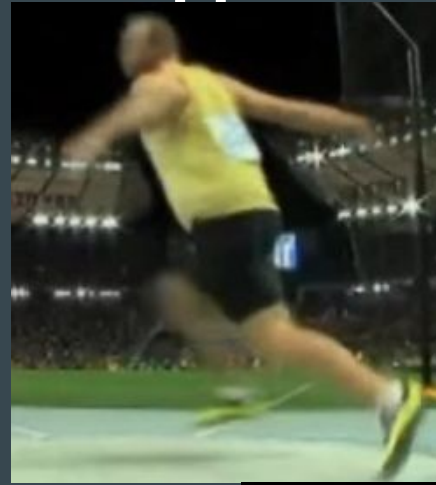
# Discus Technique: Stage 2 - The Coming Out of the Back

- After final wind, keep discus at shoulder height and behind the hips
- Weight is shifted to left foot
- Right foot sweeps past the left hip and foot and leads towards center of the ring
  - Right leg should be long and away from body
    - Riding a horse
  - Left foot is still grounded with weight on the balls of the foot (Flexed)
- Left arm should still be inside of left knee
- The discus should be behind the right hip



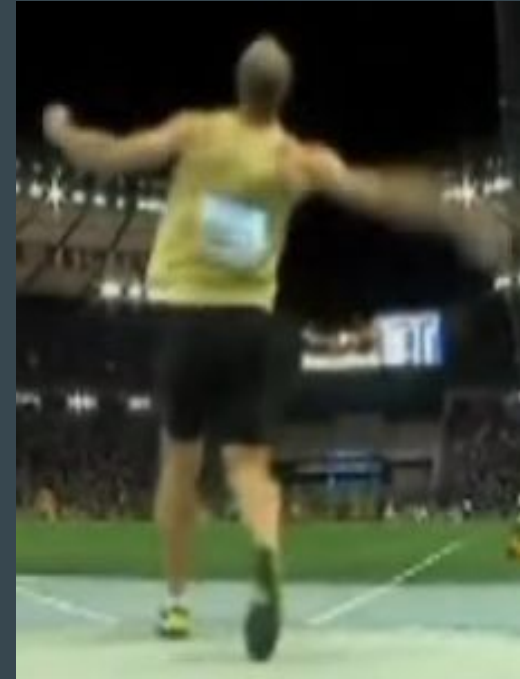
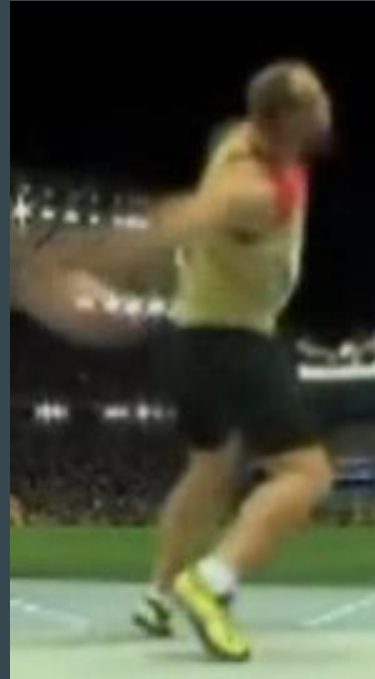
# Discus Technique: Stage 3 - No Support to Power

- Start the sprint to the front
  - Drive right knee forward with toes of right foot flexed
  - Quick/Aggressive punch from the left foot off the ground towards the front
    - This will get you airborne (no support)
  - LOCK THE UPPER BODY
- Once totally airborne...
  - Momentum of right leg sweep will force your body to turn in the air
  - Allow this to happen but control the speed of your turn in the air
- Once right foot hits the ground THE CENTER, stay on toes, and “pop the balloon” with your left knee to the right knee -> ALLOW RIGHT FOOT TO TURN!!
- Quickly get the left foot down
- Stay in torqued position throughout



# Discus Technique: Stage 4 - Power Position to Release

- Stay Torqued!
  - Left arm inside of left knee
  - Discus behind right hip
  - Eyes back
- Heel Up, Heel Down
  - Slam Left heel down
  - Crank hips, knee, and toes of right foot towards the sector
- Block Arm
  - Allow block arm to open up with the movement of the right knee
  - Pull aggressively across body (Giant, Elf)
- Release
  - Once hips have driven through and block arm is across, bring discus around with a violent whip
  - Angle of you throw should match the angle of the block





# Discus (or Rotational) Drills

- ¼ Turns (Stage 1 & 2) (Kick the Cone)
    - Set-up 4 cones in a diamond
      - Cones should be 4-5 feet across from one another
    - Place left foot in middle of cones, right foot outside of any cone
    - Work your wind up, shift weight, and turn to next cone
    - Repeat for 3-4 total turns around the diamond
  - ½ turns (Stage 1 & 2) (Kick the Cone)
    - Same as above, but with two cones
  - 1-2-3s (Stage 1, 2, & 3)
    - Wind up and Quarter turn (To South African), Pause
    - Drive to center of ring, Pause
    - Bring left side around to front, Hold Power Position
      - MAINTAIN GREAT POSTURE!
  - 270s (Stage 1, 2 & 3)
    - Wind up and complete technique until right hits the center and left foot leaves the ground
      - Can be done going into a wall
  - 2-3s (Stage 1, 2, & 3)
    - Wind up and drive to the center, Pause
      - Stages 1 & 2 combined
    - Bring left side around to front, Hold Power Position
  - Rhythm Fulls
    - Set a pace for your athlete and their feet should match the pace.
      - Example...
- \*\*Control the tempo. \*\*All drills can be done with a dowel rod.**

# Discus Release Drills

- Bowling
  - Have athletes stand 10 feet away and roll each other a discus
  - Once they each have completed a successful roll have them take several steps back
- Throws for height
  - Hold discus in throwing hand
  - Swing back and forth to gain momentum
  - Release discus upward for height
- Skipping Rock
  - Stand with feet shoulder width apart
  - Wind up twice, and release discus towards ground by squeezing it out and keeping palm facing downward
- Power Position Variations
  - Bowling Pins
    - Works on keeping discus behind hips
  - Construction Cone
    - Works on keeping discus behind hips



# Athlete Development: Building and Explosive Athlete

- Core Strength and Development
  - Poor abdominal, oblique, and lower back strength and stability can lead to poor performance and even injury
- Fast Twitch Muscle Fiber Development
  - Develop explosive athletes
    - Plyometrics
    - Olympic Lifting
    - Sprint training
- Competition
  - Turn workouts into competition
  - Have athletes work towards daily goals
- In a perfect world you'll have these accessible
  - Med balls
    - Various Weights
  - Kettle Bells
    - Various Weights
  - Mini Hurdles
  - Hurdles
  - Indoor Track or Hallway

**Monday****Core (3:45-4:00 or 15 minutes)**

Weighted Crunch (w/ 10 lbs. or higher weight) 2 X 20  
 Plate Walk (w/ Medicine ball) 2 X 20 Steps  
 Side Bend (w/ 15 lbs. or higher weight) 2 X 20  
 Twists behind the back (w/ 5 lbs. or higher weight) 2 X 20

**Lifts (4:05-4:45 or 40 minutes)**

Hang Cleans 5 X 5  
 DB Bench Press 5 X 5  
 DB Incline Fly 2 X 10  
 DB High Shrugs 2 X 10  
 DB Curls on swiss ball 2 X 10

**More Weightroom or hallway Core and Stretch (4:45-5:00 or 15 minutes)**

Push Ups ( Hand faced in like the release of the shot) 2 X 20  
 Med Ball Drops on Inc. Bench(w/ throwing arm) 2 X 10  
 Chest passes w/ Med ball 2 X 15  
 Hamstring Stretch 2 X 30 seconds  
 Butterflys 2 X 15 seconds  
 Partner stretch

**Tuesday****Sprints (3:40-4:05 or 25 minutes)**

40 meter X 5  
 20 meter X 5  
 10 meter bursts X 5  
 60 meter X 2

**Technique (4:10-4:30 or 20 minutes)**

Power Position 2 X 15 Seconds  
 Grind the Cigarette 2 X 10  
 Hip Pop 2 X 10  
 High 5 with Partner (or on wall) 2 X 10 (focus on the block and angle of throwing arm)  
 Throw on knees NO BLOCK 3 X 10  
 Throw on knees w/ block 3 X 10

**Core (4:35-4:50 or 15 minutes)**

V-sits or modified v-sits 2 X 15  
 Good Mornings 2 X 10  
 Leg Abduction w/ Med ball 2 X 10  
 Fish out of water w/ partner and med ball 2 X 10  
 Hamstring Stretch 2 X 30 seconds  
 Butterflys 2 X 15 seconds  
 Partner stretch

**Wednesday****Core (3:45-4:00 or 15 minutes)**

Back to Back L (w/ med ball) 2 X 20  
 Back to Back R (w/ Med ball) 2 X 20  
 Twist and throw L (w/ Med ball) 2 X 10  
 Twist and throw R (w/ med ball 2 X 10

**Lifts (4:05-4:45 or 40 minutes)**

Back Squat 5 X 5  
 Deadlift 5 X 5  
 Leg Ext 2 X 10  
 Legs Curls 2 X 10  
 Tricep PD 2 X 10

**More Weightroom or hallway Core and Stretch (4:45-5:00 or 15 minutes)**

Push Ups ( Hand faced in like the release of the shot) 2 X 20  
 Med Ball Drops on Inc. Bench(w/ throwing arm) 2 X 10  
 Chest passes w/ Med ball 2 X 15  
 Hamstring Stretch 2 X 30 seconds  
 Butterflys 2 X 15 seconds  
 Partner stretch

**Thursday****Jumps and explosion work (3:40-4:05 OR 25 minutes)**

Stairs: each step, skip step 2 X 4 each  
 Stairs: Bounds 3 X 4  
 Single Box Jumps 2 X 5  
 4 Box run through X 4

**Technique (4:10-4:30 or 20 minutes)**

Power Position 2 X 15 Seconds  
 Grind the Cigarette 2 X 10  
 Hip Pop 2 X 10  
 High 5 with Partner (or on wall) 2 X 10 (focus on the block and angle of throwing arm)  
 Throw on knees NO BLOCK 3 X 10  
 Throw on knees w/ block 3 X 10

**Core (4:35-4:50 or 15 minutes)**

Stabilizers: Front, R, Back, L X 30 seconds each side  
 Good Mornings 2 X 10  
 Fish out of water w/ partner and med ball 2 X 10  
 Hamstring Stretch 2 X 30 seconds  
 Butterflys 2 X 15 seconds  
 Partner stretch

# Film Analysis

- Coach's Eye & Hudl Technique
  - Video recorder with the option to do voiceovers and annotations
- Athlete's need to see what they are struggling on
- Have your phone or tablet with you at all times.
- I record as many throws as possible and analyze the throw immediately after with the athlete



# Make it fun!

- Create memories! Track is fun!
- *Do not let anything get in the way of you loving what you do!*
  - If you're having fun and enjoying yourself your athlete will want to be around you and the team.
- Remember... You are a role model to many of them.



**FUN.**