



# **PRACTICAL PRACTICE PLANNING FOR THROWERS**

# **AIKENS GENERAL COACHING COMMENTS**

- **Athletes who are not performing the drill or in the ring are not to distract those who are.**
- **Athletes can talk and socialize when not in the ring but when you are in the ring or doing your drill you should be focused on what you're doing.**
- **Perform your drills with both your dominant & non dominant sides. This will assure that you don't overdevelop one side, creating an imbalance. This also helps the learning process since you are forced to learn a skill with your non dominant side.**
- **Use the more experienced athletes to work with the younger athletes (divide them up in groups). I have found this to be the best method to work with large groups. It teaches leadership and forces the group leaders to really understand the technique.**

# **AIKENS GENERAL COACHING COMMENTS**

- If you do not have leaders I use two ways to develop my throwers.
  - a. Treat the group as if it is a throws clinic and have all the athletes do the same drill at the same time (non-throwing drill). Throw the implements in waves, 4-5 at a time. (throwing drill)
  - b. Have the group perform a circuit of drills (for safety us med balls) or circuit weights.
- At a competition most of the time what you say will give the athlete more to think about and mess them up. Do your coaching in practice not at the meet (unless you are using the meet as a coaching / competition).
- Be positive! Positive coaching is a powerful thing in life and on the field. I like how Torsten says it “There are no mistakes, just potential”.

# AIKENS GENERAL COACHING COMMENTS

- When working on technique focus on one thing at a time do not confuse athletes with multiple focuses. You as a coach may see many things but you do not need to point them out all at once.
- It is easier to see what is wrong but more difficult to see the cause. Study & learn.
- Don't be afraid to ask for help. Both in your long term coaching (that's how I learned) or in your day to day coaching. I often bring other coaches over to hear their opinion on my athletes technique. Sometimes you can't see the forest for the trees.
- For better results blend drilling with full throws
- If you want to get good at throwing you need to throw.
- Do not coach your own insecurities.



## 2017 SEASON TRAINING PLAN

WEEK	DATES	TRAINING PLAN	FOCUS
1	1/22-1/27	Early Season	
2	1/29-2/3	Early Season	
3	2/5-2/10	Early Season	McHenry Throws
4	2/12-2/17	Early Season	
5	2/19-2/24	Mid-Season	Huntley Invite
6	2/26-3/3	Mid-Season	Batavia Invite
7	3/5-3/10	Mid-Season	Byron Preview
8	3/12-3/17	Mid-Season	
9	3/19-3/24	Late Season	Batavia Relays
10	3/26-3/31	RECOVERY	REST
11	4/2-4/7	Early Season	Batavia Invite
12	4/9-4/14	Early Season	Geneva Invite
13	4/16-4/21	Mid-Season	Rocket Relays
14	4/23-4/28	Mid-Season	TBA Invite
15	4/30-5/5	Mid-Season	Kane County
16	5/7-5/12	Late Season	Conference
17	5/14-5/19	Late Season	Sectionals
18	5/21-5/26	Modified Late	State
19	5/28-6/2	RECOVERY	REST

## If you Fail to Plan then Plan to Fail

- I have a very young & inexperienced team.
- They haven't had a consistent coach for a few years.
- Focus on creating a culture of solid technique & competitiveness.
- Develop a solid technical throws model and a consistent training plan.
- Work to develop leadership and independence among my throwers.

# EARLY SEASON PRACTICE PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ACTIVE WARMUP</b> <b>@ 2 x 20 meters</b> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	<b>ACTIVE WARMUP</b> <b>Hurdles 2 X's</b> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's	<b>ACTIVE WARMUP</b> <b>@ 2 x 20 meters</b> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	<b>ACTIVE WARMUP</b> <b>Hurdles 2 X's</b> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's	<b>ACTIVE WARMUP</b> <b>@ 2 x 20 meters</b> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	<b>ACTIVE WARMUP</b> <b>Hurdles 2 X's</b> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's
<b>EVERYDAY DRILLS X 10</b> 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Riedel Pivots	<b>EVERYDAY DRILLS X 10</b> 1. Blk. Heel / Pwr. Heel 2. Blk. Heel / Pwr. Heel Hip Pop 3. 1, 2, 3, 4's Powers 4. Kneel & Arm Strike 5. Stand & Arm Strike	<b>EVERYDAY DRILLS X 10</b> 1. HOH Hip Pop 2. MB Hip Pop 2 hand 3. MB Hip Pop step back 4. 1-2's F & B 5. Bunge Discus F & B	<b>EVERYDAY DRILLS X 10</b> 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Riedel Pivots	<b>EVERYDAY DRILLS X 10</b> 1. Blk. Heel / Pwr. Heel 2. Blk. Heel / Pwr. Heel Hip Pop 3. 1, 2, 3, 4's Powers 4. Kneel & Arm Strike 5. Stand & Arm Strike	<b>EVERYDAY DRILLS X 10</b> 1. HOH Hip Pop 2. MB Hip Pop 2 hand 3. MB Hip Pop step back 4. 1-2's F & B 5. Bunge Discus F & B
<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 2. Single Leg Hops 30 3. Box Drops 10	<b>PLYOMETRICS</b> 1. Mini hurdle hops 20 2. Stair Bounding 4 flights 3. Leg Switches 10	<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 2. Single Leg Hops 30 3. Box Drops 10	<b>PLYOMETRICS</b> 1. Mini hurdle hops 20 2. Stair Bounding 4 flights 3. Leg Switches 10	<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 2. Single Leg Hops 30 3. Box Drops 10	<b>PLYOMETRICS</b> 1. Mini hurdle hops 20 2. Stair Bounding 4 flights 3. Leg Switches 10
<b>TECHNIQUE WORK GLIDE</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing
<b>STRENGTH WORK 30 S</b> 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups	<b>STRENGTH WORK 30 S</b> 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions	<b>STRENGTH WORK 30 S</b> 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups	<b>STRENGTH WORK 30 S</b> 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions	<b>STRENGTH WORK 30 S</b> 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups	<b>STRENGTH WORK 30 S</b> 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions
<b>MED BALL DRILLS X 10</b> 1. Overhead Pass 2. Chest Pass 3. Hammer Toss 4. Granny Toss Height	<b>MED BALL DRILLS X 10</b> 1. Over back Toss 2. Granny Toss Front 3. Discus Toss 4. Shot Press	<b>MED BALL DRILLS X 10</b> 1. MB Floor Slams 2. ½ kneel Rot. Throws 3. Squat & Press 4. Wood Choppers L & R	<b>MED BALL DRILLS X 10</b> 1. Overhead Pass 2. Chest Pass 3. Hammer Toss 4. Granny Toss Height	<b>MED BALL DRILLS X 10</b> 1. Over back Toss 2. Granny Toss Front 3. Discus Toss 4. Shot Press	<b>MED BALL DRILLS X 10</b> 1. MB Floor Slams 2. ½ kneel Rot. Throws 3. Squat & Press 4. Wood Choppers L & R
<b>WEIGHTS</b> Bench, Squats, Push Press	<b>WEIGHTS</b> Cleans, Snatches	<b>FUN STUFF</b>	<b>WEIGHTS</b> Bench, Squats, Push Press	<b>WEIGHTS</b> Cleans, Snatches	<b>FUN STUFF</b>
<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles



# ACTIVE WARMUP

@ 2 x 20 meters

1. High Knees
2. Lunges/ arm up twist
3. Pickup papers
4. Carioca
5. Skipping arm swings
6. Backward run
7. Bear runs
8. Sprints







## Active Warm Ups



# ACTIVE WARMUP

HURDLE MOBILITY: 6-8 hurdles, go through each twice

1. Over & Under's
2. Lead leg (Single leg)
3. Trail Leg (Single Leg)
4. Hurdle Walk Overs
5. Hurdle Walk Overs, Extended
6. Backward Walk Overs
7. Straight leg Overs



# EVERYDAY DRILLS GROUP 1

DO EACH DRILL 10 x'S

1. Unit turns

90/180/270/360

2. Wheels

3. 360 Wheels

4. Wall Pivots

5. Riedel Pivots





**90's Unit  
Turns**





**180's Unit  
Turns**



**270's Unit  
Turns**





**360's Unit  
Turn**





**540's Unit  
Turns for a  
real challenge**



**Wheels**





**360 Wheels**





**Wall Pivots**



**Riedel Pivots**

# EVERYDAY DRILLS GROUP 2

DO EACH DRILL 10 x'S

1. Block Heel / Power Heel
2. Block Heel/Power Hel Hip Pop
3. 1, 2, 3, 4's Powers
4. Kneel & Arm Strike
5. Stand & Arm Strike







**Block heel,  
Power heel**



**Block heel,  
Power heel,  
Hip Pop**



**1,2,3,4, Power Drill**





**Arm Strike**



## Arms Strike & Block

# EVERYDAY DRILLS GROUP 3

DO EACH DRILL 10 x'S

1. HOH Hip Pop
2. MB Hip Pop 2 hand
3. MB Hip Pop step back
4. 1-2's F & B
5. Bunge Discus F & B







**HOH Hip  
Pop's**



## MB Hip Pop

# MB Hip Pop Step Back

Side View



Back View







## 1 - 2 Drill



## Bungee Discus



## 1-6 Discus Walk



# PLYOMETRICS

## Mon., Wed. & Fri.

- 1. Jump Rope 2 X 60 sec
- 2. Single Leg Hops 30
- 3. Box Drops 10

## Tue., Thur. & Sat

- 1. Mini hurdle hops 20
- 2. Stair Bounding 4 flights
- 3. Leg Switches 10





## Drill Work

Using Group Leaders to run the stations.

# DRILL & TECHNIQUE PLAN FOR WEEK 1

Mircocycle #    1    Dates   1/22-1/27   Groups   ALL   BEG.   INT.   ADV

Theme for week: INTRO POWER & GLIDE   Comments: \_\_ FOCUS ON FORM

<b>Sunday</b> REST	<b>Monday</b> CLASSROOM TIME: SHOW COMPLETE THROWS FOR SHOT PUT (GLIDE & ROTATIONAL) ALSO SHOW COMPLETE DISCUS GO OVER BASIC POWER THROW PPT  3 MEASURED POWER PUTS 12LBS	<b>Tuesday</b> SHOW PROPER SHOT GRIP SHOW PROPER SHOT PLACEMENT 6 ARM STRIKE NO BLOCK (3 OS) 6 ARM STRIKE BLOCK (3 OS) 6 STANDING A. S. BENT KNEES (3 OS) 6 TORQUE TURN A.S. (3 OS) 6 SIDE STAND POWERS (3 OS) SHOW PROPER POWER POSITION 6 1-2 POWERS SHADOW
<b>Wednesday</b> REVIEW PROPER GRIP & PLACEMENT 4 ARM STRIKE WITH BLOCK (2 OS) 4 TORQUE TURN A.S. (2 OS) 4 SIDE STAND POWERS (2 OS) REVIEW PAPER POWER POSITION 4 1-2 POWERS SHADOW 4 1-2 POWERS THROWING 6 CROSSBAR POWERS (3 OS) 6 SLOW MOTION BUNGEE POWERS 8 POWERS (3 OS)	<b>Thursday</b> 4 ARM STRIKE WITH BLOCK (2 OS) 4 TORQUE TURN A.S. (2 OS) REVIEW PAPER POWER POSITION 4 1-2 POWERS THROWING 4 CROSSBAR POWERS (2 OS) 4 SLOW MOTION BUNGEE POWERS 8 POWERS (3 OS) SHOW PROPER GLIDE TECHNIQUE 6 LET THEM DO 6 GLIDES	<b>Friday</b> CLASSROOM TIME: GO OVER GLIDE PPT 4 TORQUE TURN A.S. (2 OS) REVIEW PAPER POWER POSITION 4 1-2 POWERS THROWING 6 POWERS (3 OS) 4 POSITION DRILL - T POSITION DRILL(2 OS) 6 GATHER & BUNCH DRILL (3 OS) 6 GATHER & LEG OUT DRILL 6 SHADOW GLIDES WITH PROPER START
<b>Saturday</b> 4 POSITION DRILL - T POSITION DRILL(2 OS) 4 GATHER & BUNCH DRILL (3 OS) 4 GATHER & LEG OUT DRILL 6 LEFT LEG TO "A" DRILL 4 PUSH OFF POWER FOOT 8 CHAIR GLIDES EMPHASIZE PWR. FOOT 6 GLIDE & STOP IN PWR. 1-2 & THROW 6 GLIDES & THROW    MEASURE LAST 2		<b>Post - Workout Comments</b>



# THROWS RANGE CHART

PR Distance	Light Intensity	Medium Intensity	Maximal Intensity
71-69	42-56	56-64	65-70
69-67	40.5-54	54-62.5	63-68
67-65	39.5-52.5	52.5-60.5	61-66
65-63	38.5-51	51-58	59-65
63-61	37-50	50-57	57.5-62
61-59	36-48	48-55	55.5-60
59-57	35-46	46-53	54-58
57-55	33.5-45	45-51.5	52-56
55-53	32.5-43	43-49	50-54
53-51	31-41.5	41.5-48	48.5-52
51-49	30-40	40-46	46.5-50
49-47	28.5-38	38-44	44.5-48
47-45	27.5-36.5	36.5-42	42.5-46
45-43	26.5-35	35-40.5	41-44
43-41	25-33.5	33.5-38.5	39-42
41-39	24-32	32-36.5	37-40
39-37	23-30	30-35	35.5-38
37-35	21.5-.5	28.5-33	33.5-36
35-33	20.5-27	27-31	31.5-34
33-31	19-25.5	25.5-29	29.5-32
31-29	18-24	24-27.5	28-30

light      60%-80%  
medium    80%-92%  
Maximal   93%-100%

**2 lb = 4 ft difference**

**I have found  
medium intensity  
efforts work best  
to help aid in  
development of  
proper technique.**

# COMMENTS ON DEVELOPING THROWING TECHNIQUE

- For younger throwers use lighter weights to help develop a basic proper technique.
- Once athletes have a basic proper technique it is important to use multiple weighted implements (would you lift the same weight everyday & hope to get stronger?)
- In teaching drills: 1<sup>st</sup> HOH or open hands; 2<sup>nd</sup> using a pole with drill; 3<sup>rd</sup> using a med ball with drill; 4<sup>th</sup> using the actual implement with drill.
- Once basic drill is learned, Mixing drills with full throws helps to develop better incorporation of the skill into the throwing motion.

# STRENGTH WORK 30 Sec.

## Mon., Wed. & Fri.

- 1. Root hogs
- 2. Front Planks
- 3. Side Planks
- 4. Twisted Sit ups

## Tue., Thur. & Sat

- 1. Statue Squats
- 2. Fingertip Pushups
- 3. Single leg Deadlifts
- 4. Back Extensions







# Root Hogs

Strength Work

# MED BALL DRILLS X 10



## Mon. & Thur.

- 1. Overhead Pass
- 2. Chest Pass
- 3. Hammer Toss
- 4. Granny Toss Height

## Tue. & Fri.

- 1. Over back Toss
- 2. Granny Toss Front
- 3. Discus Toss
- 4. Shot Press

## Wed.. & Sat.

- 1. MB Floor Slams
- 2. ½ kneel Rot. Throws
- 3. Squat & Press
- 4. Wood Choppers L & R

**During Early & Mid Season plan use heavy Medicine Balls to help develop an athletes specific strength.**

**During Late Season plan use lighter Medicine Balls for quickness development.**

# **FLEXABILITY 30 Sec. for each exercise**



## **Mon., Wed. & Fri.**

- 1. Arm & Trunk Rotation
- 2. Pectoral Stretch
- 3. Seated Torso Stretch
- 4. Lying Leg Cross-over
- 5. Hamstring Stretch
- 6. Leg Swings

## **Tue., Thur. & Sat.**

- 1. Calf Stretch
- 2. Hip Flexor Stretch
- 3. T-Spine Rotation
- 4. Seated Scap. Slide
- 5. Quadruped Shoulder Circles





## Weight Lifting Stations



# MID SEASON PRACTICE PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ACTIVE WARMUP</b> <b>@ 2 x 20 meters</b> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	<b>ACTIVE WARMUP</b> <b>Hurdles 2 X's</b> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's	<b>ACTIVE WARMUP</b> <b>@ 2 x 20 meters</b> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	<b>ACTIVE WARMUP</b> <b>Hurdles 2 X's</b> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's	<b>ACTIVE WARMUP</b> <b>@ 2 x 20 meters</b> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Bear runs 8. Sprints	<b>ACTIVE WARMUP</b> <b>Hurdles 2 X's</b> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers 7. Straight Leg Over's
<b>EVERYDAY DRILLS X 8</b> 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Riedel Pivots	<b>EVERYDAY DRILLS X 10</b> 1. Lft Heel / Rt Heel 2. Lft Heel/Rt Hel Hip P. 3. 1-2's powers 4. 1, 2, 3, 4's Powers 5. 1-6 Discus walk	<b>EVERYDAY DRILLS X 8</b> 1. HOH Hip Pop 2. MB Hip Pop 2 hand 3. MB Hip Pop step back 4. Bunge 1-2's F & B 5. Bunge Discus F & B	<b>EVERYDAY DRILLS X 8</b> 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Riedel Pivots	<b>EVERYDAY DRILLS X 10</b> 1. Lft Heel / Rt Heel 2. Lft Heel/Rt Hel Hip P. 3. 1-2's powers 4. 1, 2, 3, 4's Powers 5. 1-6 Discus walk	<b>EVERYDAY DRILLS X 8</b> 1. HOH Hip Pop 2. MB Hip Pop 2 hand 3. MB Hip Pop step back 4. Bunge 1-2's F & B 5. Bunge Discus F & B
<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing
	<b>STRENGTH WORK 30 S</b> 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups		<b>STRENGTH WORK 30 S</b> 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions		<b>STRENGTH WORK 30 S</b> 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups
<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 2. Mini hurdle hops 20 3. Leg Switches 10 4. Turning box jumps 20		<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 2. Mini hurdle hops 20 3. Leg Switches 10 4. Turning box jumps 20		<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 2. Mini hurdle hops 20 3. Leg Switches 10 4. Turning box jumps 20	
	<b>MED BALL DRILLS X 10</b> 1. Over back Toss 2. Granny Toss Front 3. Discus Toss 4. Shot Press		<b>MED BALL DRILLS X 10</b> 1. MB Floor Slams 2. ½ kneel Rot. Throws 3. Squat & Press 4. Wood Choppers L & R		<b>MED BALL DRILLS X 10</b> 1. Overhead Pass 2. Chest Pass 3. Hammer Toss 4. Granny Toss Height
<b>WEIGHTS (BALLISTIC)</b> Bench, Squats, Push Press	<b>WEIGHTS (LEGS DAY)</b> Cleans, Snatches	<b>FUN TIME</b>	<b>WEIGHTS</b> Dumbbell: Bench, Squats, Push Press	<b>WEIGHTS</b> Dumbbell: Cleans, Snatches	<b>FUN TIME</b>
<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles



Decrease  
Strength work,  
Plyometrics and  
Medicine ball  
work in order to  
increase Throw  
Technique work

## LATE SEASON PRACTICE PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ACTIVE WARMUP</b> <u>@ 2 x 20 meters</u> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Sprints	<b>ACTIVE WARMUP</b> <u>Hurdles 2 X's</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Straight Leg Over's	<b>ACTIVE WARMUP</b> <u>@ 2 x 20 meters</u> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Sprints	<b>ACTIVE WARMUP</b> <u>Hurdles 2 X's</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Straight Leg Over's	<b>ACTIVE WARMUP</b> <u>@ 2 x 20 meters</u> 1. High Knees 2. Lunges/ arm up twist 3. Pickup papers 4. Carioca 5. Skipping arm swings 6. Backward run 7. Sprints	<b>ACTIVE WARMUP</b> <u>Hurdles 2 X's</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Straight Leg Over's
<b>EVERYDAY DRILLS X 8</b> 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Ridel Pivots	<b>EVERYDAY DRILLS X 10</b> 1. Lft Heel / Rt Heel 2. Lft Heel/Rt Hel Hip P. 3. 1-2's powers 4. 1, 2, 3, 4's Powers 5. 1-6 Discus walk	<b>EVERYDAY DRILLS X 8</b> 1. Perfect Power Delivery 2. HOH Hip Pop 3. MB Hip Pop 1 hand 4. MB Hip Pop 2 hand 5. MB Hip Pop step back	<b>EVERYDAY DRILLS X 8</b> 1. Unit turns 90/180/270/360 2. Wheels 3. 360 Wheels 4. Wall Pivots 5. Ridel Pivots	<b>EVERYDAY DRILLS X 10</b> 1. Lft Heel / Rt Heel 2. Lft Heel/Rt Hel Hip P. 3. 1-2's powers 4. 1, 2, 3, 4's Powers 5. 1-6 Discus walk	<b>EVERYDAY DRILLS X 8</b> 1. Perfect Power Delivery 2. HOH Hip Pop 3. MB Hip Pop 1 hand 4. MB Hip Pop 2 hand 5. MB Hip Pop step back
<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing	<b>TECHNIQUE WORK</b> Drills & Throwing
	<b>STRENGTH WORK 30 S</b> 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups		<b>STRENGTH WORK 30 S</b> 1. Statue Squats 2. Fingertip Pushups 3. Single leg Deadlifts 4. Back Extensions		<b>STRENGTH WORK 30 S</b> 1. Root hogs 2. Front Planks 3. Side Planks 4. Twisted Sit ups
<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 3. Leg Switches 10 3. Box jumps 6		<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 3. Leg Switches 10 3. Box jumps 6		<b>PLYOMETRICS</b> 1. Jump Rope 2 X 60 sec 3. Leg Switches 10 3. Box jumps 6	
<b>WEIGHTS</b> Cleans, Snatches	<b>WEIGHTS</b> Bench, Squats, Push Press		<b>WEIGHTS</b> Cleans, Snatches		<b>WEIGHTS</b> Bench, Squats, Push Press
<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles	<b>FLEXABILITY 30 SEC</b> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Seated Torso Stretch 4. Lying Leg Cross-over 5. Hamstring Stretch 6. Leg Swings	<b>FLEXABILITY 30 SEC</b> 1. Calf Stretch 2. Hip Flexor Stretch 3. T-Spine Rotation 4. Seated Scap. Slide 5. Quadruped Shoulder Circles



Decrease Strength work,  
Plyometrics,  
Medicine ball work, Technique work in order to increase Recovery.  
More speed work on Lifts.



# Competition Warm Up Routine

## ▪ ACTIVE STRETCH WARM-UP

- High Knees, Lunges, Pickup Papers, Carioca, Skipping arm swings, Backward runs, Sprints

## ▪ HURDLES WARM-UP

- Over & Under's, Lead Leg, Trail Leg, Walkovers, Walkovers Extended, Backward Walkovers

## ▪ NOT IN CIRCLE THROWS WARM UP

- Four HOH hip Pops
- Four slow motion shadow powers.
- Four shadow glides or shadow spins. (stop in power position)

## ▪ IN CIRCLE THROWS WARM UP

### ▪ GLIDE:

- One Overhead Throw
- One Granny Throw
- Two Power Throws
- 2 Perfect feel Glides @ 80%

### ▪ ROTATIONAL:

- One Overhead Throw (Disc out of ring)
- One Granny Throw (Disc out of ring)
- Two Power Throws
- One Wheel & Throw (focus on Power hip pivot)
- Two full spins with easy rhythm

\*The purpose of a warm up is to prepare for competition (mentally & physically), it is not the competition.

\*Unless warm-ups are horrific don't make any adjustments, don't get the athlete thinking.

\*Encourage the athlete to focus on their performance and improvement in technique. This encourages the athlete to focus on things they can control and provides a measurable successful outcome.

# Other Helpful Resources

- I Pad or some type of tablet is Very Useful for so many purposes.

- “Huddle Technique” side analysis, record



great for all types of analysis, many tools, side by side comments & send to kids . “Coach’s Eye” also good.

- “Video Delay” throw, come throwing. This repeats so many throwers are able to see their throws.



great app to use during practice. Able to have athlete around and watch their throw while a different athlete is

- “Camera App” many new



this app is a fast and simple way to analyze video with features including very useful time lapse feature.

- Don’t get caught up relying on video to much during a practice. It slows practice down to much.

# Contact Info.

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- Follow us on Instagram at [centralthrowers](#)
- I will be blogging the thoughts, workouts, and trial & tribulations of my first year coaching throwers at Burlington Central High School. Look for my blog on the Coaching Blogs from the ITCCCA website.