

SPECIFIC STRENGTH SKILL DRILLS

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PERSONAL PHILOSOPHY:

It is rare to find a high school Freshman that is a preexisting member of a track club, has previous coaching in the throws, or isn't already committed to another sport. The reality is that many of us need to work with nontraditional athletes in hopes of finding a diamond in the rough. Because I've had kids involved in other athletic clubs during track, and kids not able to commit 100% of their time, I've needed to skim the fat off my practices and condense my workouts with focused drills that combine strength, skills, and basic athleticism. Results = more participants able to make greater gains. My goal is to get as many of our kids over a particular threshold, not just qualify/medal, it's been much more rewarding and sustainable over time.

WHAT:

Specific strength skill drills that are short & repetitive.

WHERE:

In the gym, track, & classroom. Rooms with mirrors are also a bonus.

WHY:

To reinforce somewhat proper body positions, build specific strength, while holding athlete's attention. Is a time saver when weight room not an option or when working with a large amount of kids.

WHO:

These concepts are developed out of a necessity to coach athletes of all skill levels, in hopes of cultivating big fish.

WHEN:

Every practice after completing a round of Full throws w/o weight. Chosen at random or prescribed as needed.

HOW:

Completed in short, repetitive drills. Sets of 12, 10, 8, 6, 4 depending on time of season and need of athletes. Line up athletes or pair w/teammate to help count.

EARLY THROWERS NEED:

1. BALANCE
2. COORDINATION
3. SPECIFIC STRENGTH

ACCOMPLISHED THROUGH...

A. ISOMETRIC DRILLS

1. Helps maintain strength of a particular position/motion
2. Weight room not necessary
3. Can aid in balance/coordination depending on drill

B. BUNGEE DRILLS

1. Provides resistance for drills
2. Builds specific strength in muscles groups not easily completed in weight room
3. Encourages slow, methodic, purposeful movements

C. PULSING DRILLS

1. Repetitive & rhythmic
2. Reinforces rote muscle memory
3. Incredibly short, easy to teach & learn

MY PRACTICES:

1. Jog
2. Agilities or Plyo Ladder
3. Large motion drills (Full Throws) w/o weight, on Fresh legs. a good way to daily assess improvements/weaknesses & gauge to prescribe drills.
4. Skill drills w/o weight (Pulsing/Bungee)
5. Skill drills with weight or Full throws
6. Isometric strength drills

General



Specific



General

SKILL DRILL CATEGORIES:

General Strength

Grip & Release Shot/Disc

Shot Back of Ring

Disc Back of Ring

Shot Through Ring

Disc Through Ring

Shot Front of Ring

Disc Front of Ring

<https://tinyurl.com/y9v7yy2k>