**SCOTT BENETT: BEGINNING REOTATIONAL THROWS**

**Opening Comments:**

**1**. How many of you are new coaches or haven’t coached throws at all?

**2**. How many have avoided teaching the rotational technique because you think it is to complicated or just don’t know how to teach it?

**Mission:**

What we are trying to do is accelerate from the beginning of the movement to the end of the movement (power position) and through the release. The potential for a further throw is much greater than with the glide. With speed comes inconsistency however. If they learn the sequential drills properly and start slowly and build speed based on control, good things will happen. Convert linear momentum into rotational acceleration into vertical lift.

**How to approach it:**

**1**.  Use the whole / part /whole learning method.

 **a**. Most athletes are visual learners

 **b**. Show accomplished throwers videos in regular speed, then slow, then really slow.

**2**. Break it into nine drills.

 **a**. Emphasize that it’s learning in steps.

 **b.** Become proficient in the first drill then move onto the second drill, etc. & etc.

 **c.** Some athletes will learn quicker than others.

 **d**. Some need many repetitions before they get it.

**e**. Do drills slowly without the implement first so the brain to body connection can first happen. Then learn with lighter implements if possible. Both indoor and outdoor implements come in a variety of weights.

**The Drill Progression:**

All drills except drill #4 will be done with a fixed feet release first, then a reverse later.

**1.** Proper Release Drill

**2**. Open Power Front- Proper Release Drill

**3**. Closed Power Front – Open Power Front – Proper Release

**4**. Repeat 180 degree turns (Wheels) on power foot in center of the ring.

**5**. Wheels – Closed Power Front (pause) –Open Power Front (pause) - Proper Release.

**6**. South African:

 **a**. Learn to Sprint out of the back

 **b**. Sprint / Crack the whip / Land with heel and back to the board.

**c**. Sprint / Crack the whip / Drop & load the leg sweeping to the center / Keep the foot that is landing in the center accelerating and getting to a closed power position.

**7.** Wind Up / 180 turn to the South African

**8**. Full Throw

**What it will take for the athlete to be good:**

 **a**. Many, many repetitions (with & without an implement)

 **b.** Patience

 **c.** Determination

 **d**. Dedication

 **e.** Focus

 **f.** Can’t become discouraged

 **g**. Learn to be a student of the sport

 **h.** Be coachable

 **i.** Have personal records for each drill and try to break them everyday

 **j.** Watch a lot of video (Of yourself & other throwers)

**What will it take to become a better coach:**

 **a**. Patience

 **b.** Don’t B.S. the athlete. If you don’t know something tell them you will find an answer.

 **c.** Seek knowledge

 **d.** Give honest positive feedback

 **e.** Create a competitive atmosphere with your athletes first & then with others.

**f.** Know when they understand and remain quite once they do. Let them figure things out. A simple “yes” or “no” is very effective.

**g.** Don’t keep repeating the same things over & over, change the cues.

**h.** Use video, athletes love seeing themselves and can figure things out once they know what to do.

**i.** Calm them down if they get too frustrated.

**j.** Celebrate Personal Records even if they are small ones.

**k.** Drilling stick to only one agreed upon technical issue and give feedback only on that issue.

**l.** In competition no more than one competitive cue.