**Specific Development Exercises, Multi-Jumps, and Multi-Throws to Enhance Throwing Performance**

**(Practical/Hands On)**

1. SDE (Specific Development Exercise): Movement that mimics the throwing movement using different types of heavier implements that isn’t actually the shot or discus.
   1. Sand Bag Stand throw
   2. Heavy Med Ball Vertical Throw
   3. Chain Drag Throws
   4. Nelson Kettle Bell Throw
   5. DB Discus Throw
   6. Knockin Ball Discus Throw
   7. Kettle Bell Wheel Throw
   8. Full Throws Up hill
   9. Etc (Be Creative)
2. Multi-Jumps
   1. High volume, Multi-Plain, lower intensity easy jumps in place or moving
      1. BC
      2. Alberta
   2. Jumps onto objects
      1. Box Jumps
      2. Ascending Box Jumps
   3. Jumps Over objects
      1. Box Jumps
      2. Hurdle Hops
   4. Jumps Combined w/Multi-Throws
   5. Jumps Combined w/Speed
3. Multi-Throws
   1. Heaving
      1. Working on proper summation of forces
         1. Same hip extension as clean/snatch/Olympic lift
         2. Training to nail to finger nail
   2. Pressing
      1. Working on proper summation of forces as well
      2. Training toe nail to finger nail
   3. Total Body Throws
      1. Combines both heaving and pressing movements
      2. Single leg movements are added