


## Two Genders are Better than One


Coaching a Combined Boys and Girls Throwing Program

Jeff Ohlson  
Bureau Valley High School




## Outline

- Acknowledgements
- Biography
- Philosophy
- Practice and Activities
- Conclusions



## Acknowledgements

- Thank you to the following people
  - Illinois Track & Cross Country Coaches Association
    - Jim Aikens and Jim Miks
  - Dale Donner, Nick Hartz, and Dave Moore
    - My Head Coaches
  - Christy, Zachary, and Annie
    - My Home Coaching Staff



## Resume

- Jeff Ohlson
  - Assistant Boys Track Coach
    - 13th Year
      - Started in 1997
      - Took 3 years off (2007-2009)
  - State Medalist
    - 7 Boys (Shot and Discus Combined)
    - 8 State Qualifiers (1 every year but 1997)
      - Before 1997
        - 0 Medals
        - 1 State Qualifier
    - 3 Girls (Shot and Discus Combined)
    - 6 State Qualifiers (1 every year but 1997)
      - Before 1997
        - 0 Medals
        - 0 State Qualifiers



## Resume

- USA Track & Field Certified (Level 1)
- Teach Physical Education
  - Have all the Strength and Conditioning
    - Our Speed/Agility/Flexibility/Cardiovascular training program for our athletes
    - 80 minute class periods
- Head Football Coach
- Was the Head Coach Girls Basketball for 10 years



## Philosophy

- Disclaimer
  - Works at BVHS, but everybody and every situation is a little different.
- Looking for Ideas
  - Very little of what I do is my own
    - I love gathering information about other peoples approach
      - Drill
      - Practice Organization
      - Techniques
        - Teaching
        - Correcting



## Philosophy

- Selling Your Program
  - Make the kids believe that your way is the best.
    - Results help
  - Make them believe they are special.
    - Be there and support them
    - Listen to there ideas
- Keep it Simple
  - I have multiple sport athletes
    - Lot of basketball players that I do not get till March
      - 7 of my kids that medaled at state have been basketball players



## Philosophy

- Make it fun for them
  - Cut practice short at times
    - Give them a day off if schedule permits
  - Couple of games here or there
  - Relax the atmosphere when you need to
    - Crank up the intensity when it calls for it

## Philosophy

- **Genders**
  - Know your throwers
    - How are they motivated?
    - What are they like?
    - How do they handle pressure?
    - How much coaching can I do in a meet?
  - I coach my boys and girls similar
    - I ask them to do the same drills, the same techniques, and the same preparations.

## Activities and Practice


- Introduction to who I am and what I am about.
  - Background
    - My Experiences
      - Top 30 list
        - The bait
    - My Philosophy for events
      - Throw both
      - Compete
  - Procedures
    - Practice and Meet expectations
      - Listen and try
    - Equipment
      - Share and responsibility
  - Depth Chart
    - Numbers don't lie
      - Who is the best and what you have to do to make the top 3 in each

## Activities and Practice

- **Practice**
  - We practice together
    - May divide by gender
    - May divide by ability
  - We have 4 throwing areas
    - Area 1
      - 2 Shot Put Pads side by side
        - Work early season and indoor season out of
    - Area 2
      - 1 Shot Put Pad and 1 discus ring
        - Later in the year work
        - Will split by ability
    - Area 3
      - Parking Lot to work large group of kids
    - Area 4
      - Football field
        - Inside the track
        - Throw the discus on to it (When runners are not out)

## Activities and Practice

- **Activities**
  - Disc Bowling
  - Overhead Shot Throw
    - Compete in coed teams or by gender
- **Meets**
  - Work both genders
    - Run a lot
  - If boys and girls in separate location
    - Go to the boys
    - Coach electronically



## Conclusion

- Key Points
  - Organization
    - Have a plan to work both
  - Selling Points
    - Make the kids believe that your way is the best.
    - Make them believe they are special.
  - Keep it simple and make it fun



## Contact

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