

ITCCCA

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My Perspective

I will be sharing:

- What resources I use
- Pre-season plans
- In-season plans
- Training methods
- Drills
- Important aspects of technique
- What works; what doesn't work
- What I want to try but haven't had time

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2

Background

HS – Crete Monee HS 1969

Shot Put – 55' Discus – 165'

College – Eastern Illinois University 1973

Shot Put – 49' Discus – 156' Hammer – 150'

Coaching – Waubonsie Valley HS 2005-present

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3

Resources Utilized

Abundance of training and coaching resources

Resources I Use:

- Books

- The Throws Manual by George Dunn and Kevin McGill
- The Complete Book of Throws, Jay Silvester, Editor
- The Throws, Jess Jarver, Editor
- NTCA Throws Handbook, James Peterson and Rob Lasorsa, Editors
- The Path to Athletic Power by Boyd Epley
- Explosive Lifting for Sports by Harvey Newton
- The Complete Guide to Medicine Ball Training by Vern Gambetta and Steve Odgers

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4

Resources Utilized

- Videos

- John Powell Discus II
- Shot Put with Brian Oldfield (R)
- Gold Medal Discus by Mac Wilkins
- Discus Throw with Mike Buncic
- Common Errors and Corrections: Discus with Brian Bedard
- World Class T&F Series: Shot Put with Ron Backes (B)
- Common Errors and Corrections: Shot Put with Ralf Uebel (G)
- Complete Throws by Larry Judge (www.coachlarryjudge.com)
- Basic Discus Throwing by Mark Mirabelli
- 2006 NTCA Clinic
- 2007 NTCA Clinic
- Complete Olympic Lifting

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5

Resources Utilized

-Other

- Long & Strong Throwers Journal, Glenn Thompson, Editor (www.longandstrong.com)
- Track Coach (www.trackandfieldnews.com)
- www.macthrowvideo.com
- "The Ring" (www.effortlessthrow.org)
- www.goheavy.com
- www.westside-barbell.com
- John Powell's Throwing Camp
- National Throws Coaches Association Conference

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6

Types of Learners

Visual – learn by seeing

Auditory – learn by hearing

Kinesthetic – learn by doing

Determine which works best for an athlete

Be prepared to use all these methods

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7

Drills

Lots of drills to use

Powell camp concentrates on drills only

They use Power Balls, not throwing implements

Drills can be done with tires, Power Bags, pipes, etc.

Athletes focus on technique, not throwing

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Use of Videotaping

Best video system I've ever seen – Jerry Clayton of Auburn

- Camcorder
- Tivo
- TV

I video every meet and at practice every 2-3 weeks

Transfer video to portable DVD and review with each athlete weekly

Persistent technique problems get video analysis more frequently

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9

Sayings to Remember

"I took 10,000 throws a year because as a young thrower I met the world record holder, Ludwig Danek. Danek, who later became Olympic Champion, told me he took 10,000 throws a year. I decided I'd better up my throwing." Powell said.

An hour of employing bad technique takes 35 hours to undo. Mac Wilkins

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10

What I Learned At Golden West

Speed Kills!

The Big Guys – Tabor, Tabor, Einbecker, Nagengast

The Bigger Guys – Clarke, Ayers, Draper, Baker

The Little Guys – Bryant, Johnson

The results:

1. Luke Bryant 205' 10"
2. Derek Johnson 191' 7"

The stats:

Bryant – 6' 3" 190# BP-240 Sqt-355 Hang Clean-225

Johnson – 6'3" 195# BP-260 Front Squat -300x4

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11

What is The Right Balance?

Jimmie Pacifico – 5' 9" 220# 71' 6.5" 195' 1"

BP-520 S-850 DL-800

Ryan Whiting – 6' 3" 270# 70' 0" 201' 9"

BP-430 S-525x5 PC-365 SL-DL-585x3

Technique vs. Strength vs. Speed - Where do you draw the line?

I'm still working on this problem.

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2005-6 Training Plan

I used George Dunn's plan as outlined in his book
I create weekly training plans for each athlete throughout the entire season
We max about every 4 weeks; basis for Dunn's plan
Pre-season: lift - 3 days; med balls, plyos, sprints, drills - 2 days
Use the Throwers Quadrathlon to test athletes 3 or 4 times a year; it is a good gauge and it is fun
In-season (indoors): lift – 3 days; throw – 2 days (facilities an issue); had simulated "meets" weekly for first month (draws out fouls)
In-season (outdoors): lift – 2 days (maintain); throw every day; outdoor season too short to not throw discus every day

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13

2005-6 Training Plan

What worked

- Much better than general conditioning used in prior years
- Good increases in strength levels for most athletes

What didn't work

- Not enough lifting
- Not enough gains from 2 days of med balls, plyos, sprints
- Lifting plan needed more variability

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14

2006-7 Training Plan

I used Tony Ciarelli's plan with a bit of Louie Simmons thrown in.
I create weekly training plans for each athlete throughout the entire season
We max about every 5-6 weeks
Pre-season: lift - 4 days; med balls, plyos, sprints, drills - 1 day
Use the Throwers Quadrathlon to test athletes 3 or 4 times a year; it is a good gauge and it is fun
In-season (indoors): lift – 3 days; throw – 2 days (facilities an issue); had simulated "meets" weekly for first month (draws out fouls)
In-season (outdoors): lift – 2 days (maintain); throw every day; outdoor season too short to not throw discus every day

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15

2006-7 Training Plan

What worked

- Better strength gains although physically a very demanding workout
- No perceived loss in speed, agility

What didn't work

- Still need more variability in lifts
- Some athletes were left behind; lifting program too demanding
- This program may be better suited to a longer training day
- Simmons stuff worked in squats but not in bench (bands, chains, different set/rep schemes)

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16

2006-7 Training Plan

A bit about Tony Ciarelli
Very accomplished strength and throws coach (www.tonyciarelli.com)
Conducts a high end throws clinic in February
Usually very open with his information (goheavy.com and The Ring)
Has an All Star line up of alumni
His entire training program is in the appendix
Good article about Tony in LSTJ and is available online (<http://www.longandstrong.com/LSTJ/Oct05.htm>)

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17

2007-8 Training Plan

I used Tony Ciarelli's plan with a bit of Louie Simmons (squats only) and Jud Logan (set/rep schemes) thrown in
More lifting variability; created a master lift sheet
I create weekly training plans for each athlete thru the entire season
We max about every 5-6 weeks
Pre-season: lift - 4 days; med balls, plyos, sprints, drills - 1 day; SOME SPEED WORK EVERY DAY
Use the Throwers Quadrathlon to test athletes 2 or 3 times a year
In-season (indoors): lift - 3 days; throw - 2 days (facilities an issue); had simulated "meets" weekly for first month (draws out fouls)
In-season (outdoors): lift - 2 days (maintain); throw every day; outdoor season too short to not throw discus every day

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18

What I Want To Try

More "Functional Training"

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19

Technique – The Start

Sets up everything
Good posture
Good balance
Not too much bend
Shift weight over pivot leg
Lean in with lead hip
Lead arm stays inside lead leg
Maintain "X"
Drive through backward "7"

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20

Appendix