Training the High School Thrower
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Warm – Up – increase the body temperature and increase flexibility

Leg Drills- great way to warm-up the body, improve running form and improve flexibility
- High Knees, Butt Kicks, Carriocas, Wind Mills, Forward Marches(claps),
  Power Walks, Backward Run Crossover, Backward Marches, Straight Leg
  Walks

Over and Unders – work on hip flexibility and hip strength

Active Stretches – never do static at the beginning of the practice
- Pushups
- Sit-ups
- Wind Mills
- Football Kicks
- Soccer Kicks
- Iron Crosses
- Scorpions
- Heel turns

Coordination Exercises – Builds athletism in the thrower

  Ladders – choose from a selection of exercises.
    Include one run, skip, jump, and multi – movement
    - Forward I or Forward II
    - Skip
    - Hop or Side hop
    - In and outs

Speed Work – Improve speed
- Accels
- Short Sprints (mix it up)
- Step - Ups

Core Work – very important!!!!
- Throw downs
- Standing Abs
- Planks
- Stability Ball
- Supermans
- Bridges
- Wood choppers
- Heavy Throws
- Lunge Walks
- Use your imagination
Weightlifting – Increase total body strength and build explosiveness

Weight room warm-up – high pulls, snatch, lunge press, twists, bend over rows & good mornings – do five reps of each exercise

Core Lifts – hang cleans, box squats, bench press, push press

Special lifts
  - overhead squats - core strength & flexibility
  - tri-fectas – great early season lift for strength endurance

Med Ball Progressions
  - Two hand throw
  - Big step overhead throw
  - Heel turn pass – hips first then put
  - Reach & pass
  - Straight leg glide
  - Half turn & put

Med Ball Throws
  - Chest pass
  - One leg overhead
  - Over head toss
  - Squat toss
  - Hammer throw
  - Twists
  - 1 knee exercises
  - Ball drops

Heavy Throws or Special Exercises
  **D - Ball**
  - Over head pass
  - Heavy twists
  - Squat chest pass
  - Lunge Walks

  **Power Ball**
  - Side Toss
  - Throw for height
  - Lunge Walks

Sled Work – great general preparation phase workouts
  - Walks
  - Lunge Walks
  - Statue Walks
  - Bench Press
  - Backward walks
  - Bent over walks
  - Ankles
  - Flys
  - Lats

Drill Work – simulate throwing movements
  - Always include some type of hip exercise like heel turns

Training Ideas – heavy/light implements and block training
Throwing Resources

Throwing Websites

http://www.nationalthrowscoachesassociation.com/ - National Throws Coaches Association website – training articles and conference information

http://macthrowvideo.com/ - website with tons of throwing videos

http://www.effortlessthrow.org - The Ring - semi live chat for throwers

http://www.indianathrower.com – webpage with drills and articles

http://www.geocities.com/Colosseum/park/3731/ - happy throwers society website

http://www.geocities.com/Colosseum/8682/ - the throwers page

http://www.randybarnes.com/ - Randy Barnes webpage

http://www.canthrow.com - Canadian throw site

http://www.coacheseducation.com/throws.htm - throws articles

http://www.longandstrong.com/ - long and strong webpage

http://www.avalon.net/~nsmka/throws.html - Norm Balke throw page

http://www.throwfarther.org/ - website with articles and video clips

http://www.boiseschools.org/schools/timberline/departments/technology/shotput/shotanalysis.html - shot put analysis

http://danjohn.org/ - Dan John discus & lifting page

http://www.scarletknights.com/strength/ - Rutgers strength & conditioning page

http://www.myschoolonline.com/site/0,1876,1215-197744-1-89144,00.html - Coach Mac’s website

Books
Naclerio, Tony. *The Teaching Progressions of the Shot-Putt, Discus, and Javelin*, Copyright 1988 Tony Naclerio
Collection of Authors. *Complete Book of Throws.*

Videos
John Powell video on discus throwing
Mac Wilkins & Al Feurbach video on shot putting
Mac Wilkins video on discus throwing
Larry Judge videos on throwing

Jud Logan videos
Rob Lasorsa videos on throwing
Robert Budke videos on throwing
LSTJ DVD series on throwing

Periodicals - Long & Strong Magazine