

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 athleticism 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

- Dunn, George and McGill, Kevin. *The Throw Manual*, 3rd Edition, Copyright 1994 by Tafnews Press
- Naclerio, Tony. *The Teaching Progressions of the Shot-Putt, Discus, and Javelin*, Copyright 1988 Tony Naclerio
- Jones, Max. *Discus Throwing*, 6th Edition, Copyright 1993 by British Athletic Federation
- Jones, Max. *Shot Putting*, 6th Edition, Copyright 1995 by British Athletic Federation
- Jarver, Jess. *The Throws Contemporary Theory, Technique and Training*, Sixth Edition, Copyright ??? by Tafnews Press
- Jarver, Jess. *The Throws Contemporary Theory, Technique and Training*, Fifth Edition, Copyright 2000 by Tafnews Press
- Jarver, Jess. *The Throws Contemporary Theory, Technique and Training*, Fourth Edition, Copyright 1994 by Tafnews Ptness
- Collection of Authors. *Complete Book of Tthrows*.

Videos

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| John Powell video on discus throwing | Jud Logan videos |
| Mac Wilkins & Al Feurbach video on shot putting | Rob Lasorsa videos on throwing |
| Mac Wilkins video on discus throwing | Robert Budke videos on throwing |
| Larry Judge videos on throwing | LSTJ DVD series on throwing |

Periodicals - Long & Strong Magazine