



Building a Successful High School Throws Program

Keith Peak
Hoffman Estates H.S.
kpeak@d211.org



Pre Season

- Target Athletes
 - Hallways (have forms with you)
 - Physical Education Teachers
 - Attend Fall/Winter Sports
 - Volleyball /Basketball
- Lifting (Pre Season 3 days/week)
 - Bench vertical tosses
 - Med Ball Tosses (Toe then Hip, Face the Person)



Motivation / Goal Setting

- SMART Goals
 - Specific, Measureable, Attainable, Reachable, Timely
 - Make signs Weightroom/Locker/Bedroom
- Season best Chart
- Create “students” of the throwing events
 - Older athletes teach younger ones
- Assign Reading (bus ride to a meet)
 - The Success Principles (Jack Canfield)

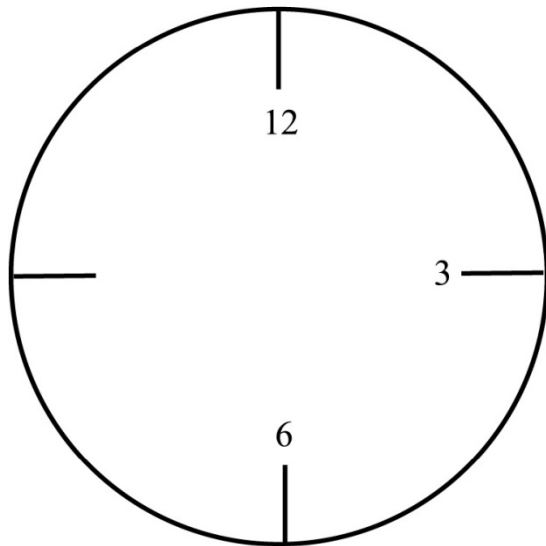


Indoor Throwing

- Maximum amount of repetitions is the key
 - Shot Put (Throwing against a wall)
 - Discus (Throwing into a net)
- Introduce Spin with shot put indoor
- Use Light (3kg) Shot puts for beginners
 - Also great at end of practice and end of season



Stand Tall and
Face the Wall

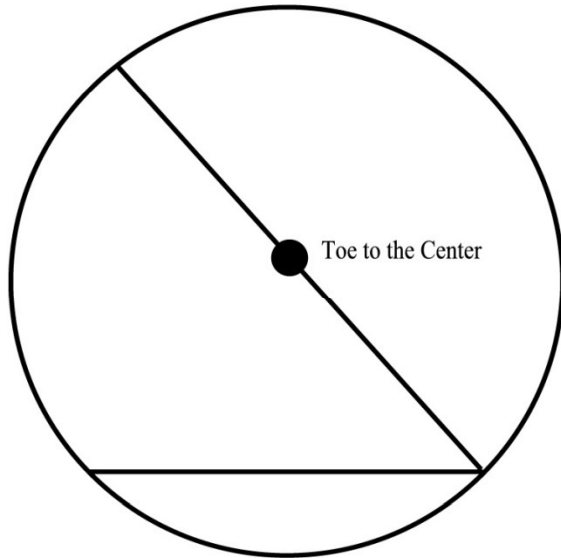


Shot Put Drills

- Snap downs to mat (live fingers)
- Standing throws
 - Long left arm with bench press finish
 - Face the wall (12 o'clock) and fire
 - Heavy Shot (5kg) and weighted vest for advanced throwers
- 3 to 12 drill
 - Toes lead the way, then upper body
- Wheels
- Line Drills
- Double Glides
- Glides , stop in middle to check position
- Normal Glides



Big Circle
Little Circle



Discus Drills

- Comfort with the release is the key
 - Discus bowling
 - Vertical disc bowl and catch
 - Short target throws (like horseshoes)
 - Hoola Hoops (hips/target)
- Power Throws
 - Half of pole vault pole (swing plane)
 - Keep bend at waist (like golf)
- Wheels
- Big Circle to middle
 - Drop hips/level shoulders/on toes
- Full throws



Competition

- Count warm up tosses
 - Don't leave your best throws in warm ups
- Keep Athletes' mind relaxed
 - Foot drills (line drills / spin drills)
 - Jump Rope
- Don't "Overcoach"
- Good luck and have fun
- Thanks for coming