



ORGANIZING & IMPLEMENTING A SUCCESSFUL HIGH SCHOOL THROWS PROGRAM

OUTLINE OF HS. THROWS PROGRAM

- 1. GENERAL COACHING COMMENTS & OBSERVATIONS
- 2. WHO SHOULD GLIDE OR SPIN
- 3. STRATEGIES FOR HANDLING LARGE GROUPS
- 4. PLANNING THE SEASON, MONTHS, WEEKS & DAYS
- 5. DAILY DRILLS
- 6. ROLLING, STRETCHING & WEIGHT TRAINING
- 7. COMPETITION WARM UPS
- 8. SOME DIFFERENT DRILLS FOR ISSUES
- 9. RESOURCES
- 10. CONTACT INFORMATION

AIKENS GENERAL COACHING COMMENTS

- Athletes who are not performing the drill or in the ring are not to distract those who are.
- Athletes can talk and socialize when not in the ring but when you are in the ring or doing your drill you should be focused on what you're doing.
- Perform your drills with both your dominant & non dominant sides (2-1 or 3-1 ratio). This will assure that you don't overdevelop one side, creating an imbalance. This also helps the learning process since you are forced to learn a skill with your non dominant side.
- Athletes need to work on perfecting their drills. You need 1000's of reps to program the brain & body. Once properly programed the brain & body can operate at 100%. (*mental reps count!*)

AIKENS GENERAL COACHING COMMENTS

- **The years with a lot of kids I use two ways to develop my throwers.**
 - **a. Treat the group as if it is a throws clinic and have all the athletes do the same drill at the same time (non-throwing drill). Throw the implements in waves, 2-3 at a time. (throwing drill)**
 - **b. Have the group perform a circuit of drills, for safety use med balls or pvc pipe. *(I prefer this method if I have potential leadership among athletes)***
- **At a competition most of the time what you say will give the athlete more to think about and mess them up. Do your coaching in practice not at the meet (unless you are using the meet as a coaching / competition). Know when to be quiet.**
- **Be positive! Positive coaching is a powerful thing in life and on the field. I like how Torsten says it “There are no mistakes, just potential”.**

AIKENS GENERAL COACHING COMMENTS

- **Help athletes to be a student of the sport. Spend time to direct them where to go for viewing & learning about throws. It builds their love of the sport. (*I think this aspect is very important*)**
- **If the cue you are using to relate a concept isn't working find another cue. It is your job as coach to get the athletes to understand the concepts.**
- **Allow athletes the time they need to work out their technical issues without distracting them with chatter.**
- **In teaching drills: 1st HOH or open hands; 2nd using a pole with drill; 3rd using a med ball with drill; 4th using the actual implement with drill.**
- **For younger throwers use lighter weights to help develop a basic proper technique.**

AIKENS GENERAL COACHING COMMENTS

- **When working on technique focus on one thing at a time do not confuse athletes with multiple focuses. You as a coach may see many things but you do not need to point them out all at once. (*This was my big mistake as a young coach*)**
- **It is easier to see what is wrong but more difficult to see the cause. Study & learn. (*Be patient, understand this takes time*)**
- **Don't be afraid to ask for help. Both in your long term coaching (that's how I learned) or in your day to day coaching. I often bring other coaches over to hear their opinion on my athletes technique. Sometimes you can't see the forest for the trees. (Coachaikens@gmail.com, *email me*)**
- **For better results blend drilling with full throws**
- **If you want to get good at throwing you need to throw.**
- **Do not coach your own insecurities.**

GLIDE OR SPIN ?

CONSIDERATIONS

- HOW MUCH TIME DO YOU HAVE TO WORK?
- HOW ATHLETIC IS YOUR THROWER?
- DOES YOUR THROWER HAVE PATIENCE?
- DOES YOUR THROWER WANT TO ROTATE?
- WHAT DO YOU FEEL COMFORTABLE COACHING?

- *I like to teach all my athletes the glide first and then work on rotational.*
- *Every year I will go back and try to teach shot putters the rotational technique.*

RESPONSES

- I THINK TEACHING ROTATIONAL TAKES MORE TIME
- GENERALLY ROTATIONAL TAKES MORE ATHLETICISM
- TAKES PATIENCE TO THROW ROTATIONAL
- BELIEVING IN THE TECHNIQUE IS HELPFUL
- COACH WHAT YOU KNOW, YOU GOT TO SEE ERRORS



**Stations Approach
to coaching large
Groups**
*(Excellent for
developing
leadership)*



**Clinic Approach
to coaching large
groups**

2017 SEASON TRAINING PLAN

WEEK	DATES	TRAINING PLAN	FOCUS
1	1/22-1/27	Early Season	
2	1/29-2/3	Early Season	
3	2/5-2/10	Early Season	McHenry Throws
4	2/12-2/17	Early Season	
5	2/19-2/24	Mid-Season	Huntley Invite
6	2/26-3/3	Mid-Season	Batavia Invite
7	3/5-3/10	Mid-Season	Byron Preview
8	3/12-3/17	Mid-Season	
9	3/19-3/24	Late Season	Batavia Relays
10	3/26-3/31	RECOVERY	REST
11	4/2-4/7	Early Season	Batavia Invite
12	4/9-4/14	Early Season	Geneva Invite
13	4/16-4/21	Mid-Season	Rocket Relays
14	4/23-4/28	Mid-Season	TBA Invite
15	4/30-5/5	Mid-Season	Kane County
16	5/7-5/12	Late Season	Conference
17	5/14-5/19	Late Season	Sectionals
18	5/21-5/26	Modified Late	State
19	5/28-6/2	RECOVERY	REST

If you Fail to Plan then Plan to Fail

- You must also be flexible in your planning.
- Plans will change depending on what your athletes need.

EARLY SEASON PRACTICE PLAN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>LOWER BODY RPR</u>	<u>UPPER BODY RPR</u>	<u>LOWER BODY RPR</u>	<u>UPPER BODY RPR</u>	<u>LOWER BODY RPR</u>	
<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers	<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers	<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers
<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns
<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing
<u>WEIGHTS</u> Bench, Squats, Push Press	<u>WEIGHTS</u> Cleans, Snatches	<u>WEIGHTS</u> NONE	<u>WEIGHTS</u> Bench, Squats, Push Press	<u>WEIGHTS</u> Cleans, Snatches	<u>WEIGHTS</u> NONE
<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings	<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings	<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings

**You can't do everything. You as a coach must make a decision of what is important*

** If you add something you must take something out, your time is finite.*

DRILL & TECHNIQUE PLAN FOR WEEK 1

Mircocycle # 1 Dates 1/22-1/27 Groups ALL BEG. INT. ADV

Theme for week: INTRO POWER & GLIDE Comments: __ FOCUS ON FORM

<p>Sunday REST</p>	<p>Monday CLASSROOM TIME: SHOW COMPLETE THROWS FOR SHOT PUT (GLIDE & ROTATIONAL) ALSO SHOW COMPLETE DISCUS GO OVER BASIC POWER THROW PPT 3 MEASURED POWER PUTS 12LBS</p>	<p>Tuesday SHOW PROPER SHOT GRIP SHOW PROPER SHOT PLACEMENT 6 ARM STRIKE NO BLOCK (3 OS) 6 ARM STRIKE BLOCK (3 OS) 6 STANDING A. S. BENT KNEES (3 OS) 6 TORQUE TURN A.S. (3 OS) 6 SIDE STAND POWERS (3 OS) SHOW PROPER POWER POSITION 6 1-2 POWERS SHADOW</p>
<p>Wednesday REVIEW PROPER GRIP & PLACEMENT 4 ARM STRIKE WITH BLOCK (2 OS) 4 TORQUE TURN A.S. (2 OS) 4 SIDE STAND POWERS (2 OS) REVIEW POPER POWER POSITION 4 1-2 POWERS SHADOW 4 1-2 POWERS THROWING 6 CROSSBAR POWERS (3 OS) 6 SLOW MOTION BUNGEE POWERS 8 POWERS (3 OS)</p>	<p>Thursday 4 ARM STRIKE WITH BLOCK (2 OS) 4 TORQUE TURN A.S. (2 OS) REVIEW POPER POWER POSITION 4 1-2 POWERS THROWING 4 CROSSBAR POWERS (2 OS) 4 SLOW MOTION BUNGEE POWERS 8 POWERS (3 OS) SHOW PROPER GLIDE TECHNIQUE 6 LET THEM DO 6 GLIDES</p>	<p>Friday CLASSROOM TIME: GO OVER GLIDE PPT 4 TORQUE TURN A.S. (2 OS) REVIEW POPER POWER POSITION 4 1-2 POWERS THROWING 6 POWERS (3 OS) 4 POSITION DRILL - T POSITION DRILL(2 OS) 6 GATHER & BUNCH DRILL (3 OS) 6 GATHER & LEG OUT DRILL 6 SHADOW GLIDES WITH PROPER START</p>
<p>Saturday 4 POSITION DRILL - T POSITION DRILL(2 OS) 4 GATHER & BUNCH DRILL (3 OS) 4 GATHER & LEG OUT DRILL 6 LEFT LEG TO "A" DRILL 4 PUSH OFF POWER FOOT 8 CHAIR GLIDES EMPHASIZE PWR. FOOT 6 GLIDE & STOP IN PWR. 1-2 & THROW 6 GLIDES & THROW MEASURE LAST 2</p>		<p>Post - Workout Comments</p>

MIN	GLIDERS	ROTATIONAL
3:00 to 3:15		
3:15 to 3:30		
3:30 to 3:45		
3:45 to 4:00		
4:00 to 4:15		
4:15 to 4:30		
4:30 to 4:45		
4:45 to 5:00		
5:00 to 5:15		
5:15 to 5:30		

DAILY PRACTICE PLAN

I HAVE 2 ½ HOURS TO PRACTICE

PRACTICE IS DIVIDED UP INTO 15 MIN. SEGMENTS

THE PLAN IS POSTED EVERYDAY SO THE KIDS KNOW WHAT IS EXPECTED

PRACTICE IS DIVIDED BETWEEN GLIDERS & ROTATIONAL DURING INDOOR SEASON.

GIRLS & GUYS PRACTICE TOGETHER.

THURSDAY 2/6 WORKOUT		
3:00 to 3:15	<u>BOYS:</u> RPR INTRODUCTION WITH TEAM <u>GIRLS:</u> WARM UP WITH TEAM	<u>BOYS:</u> RPR INTRODUCTION WITH TEAM <u>GIRLS:</u> WARM UP WITH TEAM
3:15 to 3:30	<u>BOYS:</u> HIP MOBILITY WITH TEAM <u>GIRLS:</u> WARM UP WITH TEAM	<u>BOYS:</u> HIP MOBILITY WITH TEAM <u>GIRLS:</u> WARM UP WITH TEAM
3:30 to 3:45	<u>BOYS:</u> DAILY DRILLS <u>GIRLS:</u> DAILY DRILLS	<u>BOYS:</u> DAILY DRILLS <u>GIRLS:</u> DAILY DRILLS
3:45 to 4:00	<u>BOYS & GIRLS:</u> 1-2-3 POWERS 1-2 POWERS STAND THROW (FIRE RIGHT SIDE & STOP LEFT) ADVANCE STAND THROW WITH REVERSE	<u>BOYS & GIRLS:</u> 1-2-3 POWERS 1-2 POWERS STAND THROW (FIRE RIGHT SIDE & STOP LEFT) ADVANCE STAND THROW WITH REVERSE
4:00 to 4:15	<u>BOYS & GIRLS:</u> STORLS (RIGHT FOOT PIVOT) POWER POSITION SHUFFLE (SEPERATION)	<u>BOYS & GIRLS:</u> SOUTH AFRICAN (OFF LEFT, WORK RIGHT) 180-SOUTH AFRICAN (FOCAL POINTS)
4:15 to 4:30	<u>BOYS & GIRLS:</u> (BLACK MINI MED BALLS) FULL GLIDES: ACTIVE RT. SIDE & HIP FULL GLIDES: KEEP SEPERATION	<u>BOYS & GIRLS:</u> (BLACK MINI MED BALLS) FULL SPINS: FOCAL POINTS FULL SPINS: OFF LEFT, THEN WORK RIGHT
4:30 to 5:00	<u>BOYS & GIRLS:</u> DAY 3: 5-3-1 LIFITING PLAN	<u>BOYS & GIRLS:</u> DAY 3: 5-3-1 LIFITING PLAN
5:00 to 5:15	<u>BOYS & GIRLS:</u> DAY 3: 5-3-1 LIFITING PLAN	<u>BOYS & GIRLS:</u> DAY 3: 5-3-1 LIFITING PLAN
5:15 to 5:30	<u>BOYS & GIRLS:</u> FLEXABILITY ROUTINE	<u>BOYS & GIRLS:</u> FLEXABILITY ROUTINE

WORKOUT FROM THURSDAY 2/6

1ST 1/2 HOUR IS SPENT WITH SPRINTERS

DAILY DRILLS HAVE BEEN TAUGHT SO WE ARE ABLE TO FINISH IN 15 MIN.

BASICS STAND THROWS ARE WORKED ON. TECHNIQUE WORK IS USUALLY BASED ON WHAT THE BETTER KIDS NEED.

5-3-1 LIFTING PLAN IS COMPLETED IN 35 MINUTES

FLEXABILITY HAPPENS IN THE LIFTING ROOM

RPR & ACTIVE WARMUP

@ 2 x 20 meters

- 1. Speed March**
- 2. Speed Shuffle**
- 3. Butt Kicks**
- 4. Box Jumps**
- 5. Prime Times**
- 6. Backward Run**
- 7. Split & Rip Sprints**



RPR & ACTIVE WARMUP

HURDLE MOBILITY: 6-8 hurdles, go through each twice

1. Over & Under's
2. Lead Legs
3. Trail Legs
4. Walk Overs
5. Walk Over Extends
6. Backward Walkovers





EVERY DAY DRILLS

1. Blk. Heel / Pwr. Heel
2. Push & Pivots into ground
3. 1-2-3 Shadow Stands
4. 1-2 powers w/ reach & fire rt. side
5. Unit Turns (ALL 4)
6. Wheels

EVERY DAY DRILLS

7. 360 Wheels

8. 270's (F1)- Wheel (F3)
to 1-2 stand throw

9. 7 Steps Rotational

10. Load left & sweep rt.

11. Walking line Rot.
Drill

12. Shuffle, shuffle turns





**Block Heel /
Power Heel**



**Push &
Pivot into
Ground**



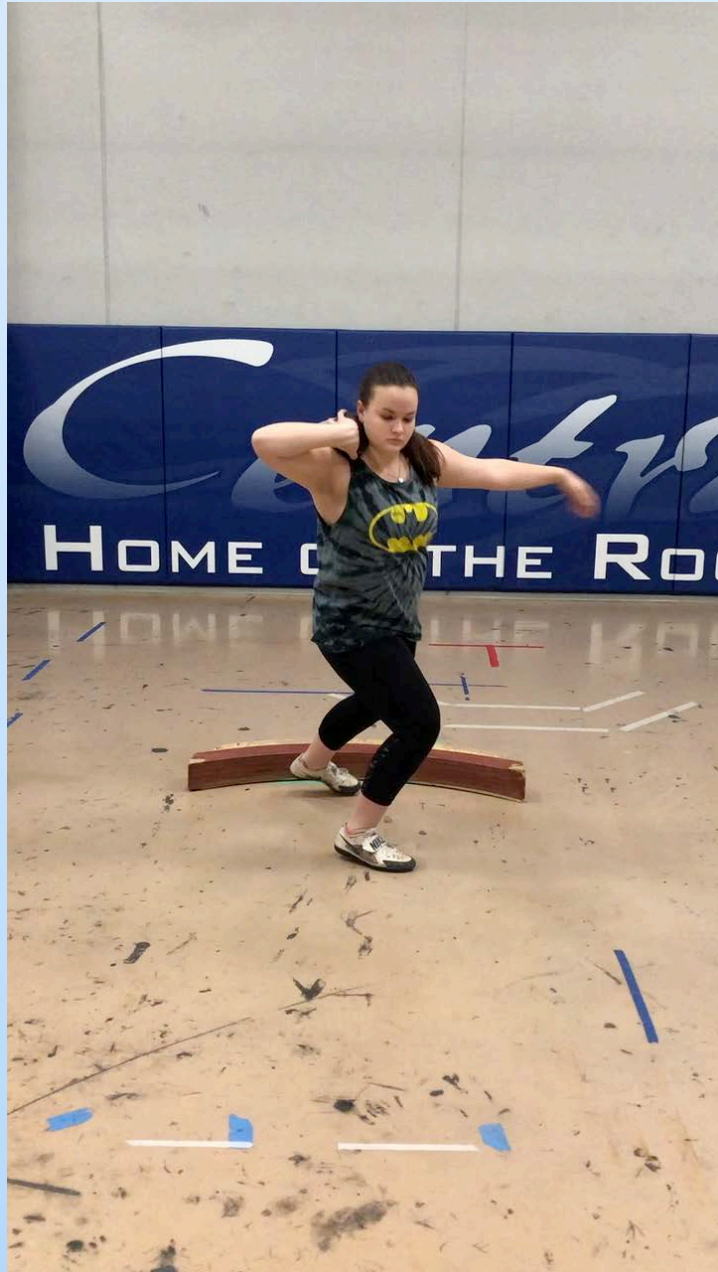
1-2-3 Shadow Stand Throws



1. Rt. heel up, left heel down, pop out rt. hip.
2. Slight turn of rt. hip, knee & foot, also slap left arm in throw direction.
3. Fire rt. side hip & punch rt. shoulder, belly button over left foot.



1-2-3 Shadow Stand Throws Group



**1-2 Shadow
Powers w/ reach
& fire right side**



**UNIT TURNS:
90's**



**UNIT TURNS:
180's**



**UNIT TURNS:
270's**



**UNIT TURNS:
360's**



**UNIT TURN
CHALLENGE:
540's**



Wheels



360 Wheels



**270's (F1)-
Wheel (F3) 1-2
Stand Throw**



7 Step Rotational Positions



7 Step Rotational Positions (Group Work)



**Shadow Load
left 7 sweep right
leg (stop in the
power)**



Walking Line Rotational Drill



**Shuffle,
Shuffle, Turn**

WEIGHTS

- Basis of our weight work out is Cleans, Snatches, Front Squat & Bench
- Weight workout cannot last longer than 45 minutes (*shoot for 35 min.*)
- Like to work in 4 week cycles
- Lifting must be efficient & focused
- Technique in lifting is key, must continually work on it, but still must lift
- Coach cannot just let the kids go, you must coach in the weight room as well
- Pair up in lifting partners or groups
- Make kids accountable, record lifts
- My friend Shawn Schlizer helped me, based on Jim Wendler's 5-3-1 lifting program

Javorek's Barbell Complex I

- Upright Row x 6
- High Pull Snatch x 6
- Good Morning x 6
- Squat Push Press x 6
- Bent Over Row x 6



Name: _____ Training Dates: 1/21/2020-2/16/2020

Note: Do 2 warm up sets for all major lifts. Use straps on all deadlifts and snatches.

Use your warm up sets as an indication of how much you can do for week one if weights are not already indicated.

Olympic Lifts and Trap Bar Deadlift: Wk1 Moderate, Wk 2 Moderate/Hard, Wk 3 Hard, Week Work up to one challenging/very hard set

Day 1	Week 1			Week 2			Week 3			Week 4			
	Warm-Up/Mobilty	Javorek's Bar Complex			Javorek's Bar Complex			Javorek's Bar Complex			3Javorek's Bar Complex		
		Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight
	Power Snatch HBK Clusters												
	Do a PS + OH SQ, repeat. Rest 30 s, do a PS+OS SQ, repeat.	4 X (1 PS +1 OHSQ)	X		4 X (1 PS +1 OHSQ)	X		4 X (1 PS +1 OHSQ)	X		Work up to a very challenging, max cluster set of four total repetitions. Record the weight used on the top set.		
		4 X (1 PS +1 OHSQ)	X		4 X (1 PS +1 OHSQ)	X		4 X (1 PS +1 OHSQ)	X				
		4 X (1 PS +1 OHSQ)	X		4 X (1 PS +1 OHSQ)	X		4 X (1 PS +1 OHSQ)	X		4 X (1 PS +1 OHSQ)	X	
	Front Squat	5 X	65%	0	3 X	70%	0	5 X	75%	0	5 X	40%	0
		5 X	75%	0	3 X	80%	0	3 X	85%	0	5 X	50%	0
		5 X (AMRAP)	85%	0	3 X (AMRAP)	90%	0	1 X (AMRAP)	95%	0	5 X	60%	0
		5 X	60%	0	5 X	60%	0	5 X	60%	0			
	Low Incline DB Bench Press	5 X 10			5 X 10			5 X 10			TIME THESE REPS!		
	Clean Grip RDL	3 X 10			3 X 10			3 X 10					

Day 2	Week 1			Week 2			Week 3			Week 4			
	Warm-Up	Javorek's Bar Complex			Javorek's Bar Complex			Javorek's Bar Complex			Javorek's Bar Complex		
		Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight
	Clean HBK + Front Squat Clusters												
	Do a CL + FS, repeat. Rest 30 s, do a CL + FS, repeat.	4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		Work up to a very challenging, max cluster set of four total repetitions. Record the weight used on the top set.		
		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X				
		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)		
	Bench Press	5 X	65%	0	3 X	70%	0	5 X	75%	0	5 X	40%	0
		5 X	75%	0	3 X	80%	0	3 X	85%	0	5 X	50%	0
		5 X (AMRAP)	85%	0	3 X	90%	0	1 X	95%	0	5 X	60%	0
		5 X	60%	0	5 X	60%	0	5 X	60%	0			
	Dips or Weighted Dips	5 X 5			5 X 5			5 X AMRAP			TIME THESE REPS!		
	Plate Sit Ups	3 X 10			3 X 10			3 X 10					

	Week 1				Week 2				Week 3				Week 4				
D a y 3	Warm-Up/Mobility	Javorek's Bar Complex				Javorek's Bar Complex				Javorek's Bar Complex				Javorek's Bar Complex			
	Power Snatch HBK Clusters	Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	
	Do a PS + OH SQ, repeat. Rest 30 s, do a PS+OS SQ, repeat.	4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		Work up to a very challenging set, but don't go crazy.			
		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X					
		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X					5 X
		5 X	65%	0	3 X	70%	0	5 X	75%	0	5 X	40%	0	5 X	40%	0	
	Trap Bar Deadlift	5 X	75%	0	3 X	80%	0	3 X	85%	0	5 X	50%	0	5 X	50%	0	
		5 X (AMRAP)	85%	0	3 X (AMRAP)	90%	0	1 X (AMRAP)	95%	0	5 X	60%	0	5 X	60%	0	
		5 X	60%	0	5 X	60%	0	5 X	60%	0							
	Pendlay Rows	5 X 10			5 X 10			5 X 10			5 X 10			TIME THESE REPS!			
Back Extension Holds	3 X 30-45s			3 X 30-45s			3 X 45s			3 X 45s							
D a y 4	Week 1				Week 2				Week 3				Week 4				
	Warm-Up	Javorek's Bar Complex				Javorek's Bar Complex				Javorek's Bar Complex				Javorek's Bar Complex			
		Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	Repetitions	%	Weight	
	Clean HBK + Front Squat Clusters																
	Do a CL + FS, repeat. Rest 30 s, do a CL + FS, repeat.	4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		Work up to a very challenging, max cluster set of four total repetitions. Record the weight used on the top set.			
		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X					
		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X		4 X (1 PC + 1 FS)	X					4 X (1 PC + 1 FS)
		5 X	65%	0	3 X	70%	0	5 X	75%	0	5 X	40%	0	5 X	40%	0	
	Push Press	5 X	75%	0	3 X	80%	0	3 X	85%	0	5 X	50%	0	5 X	50%	0	
		5 X (AMRAP)	85%	0	3 X (AMRAP)	90%	0	1 X (AMRAP)	95%	0	5 X	60%	0	5 X	60%	0	
	5 X	60%	0	5 X	60%	0	5 X	60%	0								
Dips or Weighted Dips	5 X 5			5 X 5			5 X AMRAP			5 X AMRAP			TIME THESE REPS!				
Plate Sit Ups	3 X 10			3 X 10			3 X 10			3 X 10							

Rolling Out

Mon., Wed. & Fri.

- 1. Hips
- 2. Glutes & Hamstrings
- 3. Quadriceps
- 4. Calfs
- 5. Pectorals
- 6. Lats

Flexability

Tue., Thur. & Sat.

- 1. Arm & Trunk Rotation
- 2. Pectoral Stretch
- 3. Hip Flexor Stretch
- 4. Seated Scap. Slide
- 5. Hamstring Stretch
- 6. Leg Swings



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>LOWER BODY RPR</u>	<u>UPPER BODY RPR</u>	<u>LOWER BODY RPR</u>	<u>UPPER BODY RPR</u>	<u>LOWER BODY RPR</u>	
<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers	<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers	<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers
<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns			<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns
<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing
<u>WEIGHTS</u> Bench, Squats, Push Press	<u>WEIGHTS</u> Cleans, Snatches		<u>WEIGHTS</u> Bench, Squats, Push Press		<u>WEIGHTS</u> Cleans, Snatches
<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings	<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings	<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings



MID SEASON PRACTICE PLAN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>LOWER BODY RPR</u>	<u>UPPER BODY RPR</u>	<u>LOWER BODY RPR</u>	<u>UPPER BODY RPR</u>	<u>LOWER BODY RPR</u>	
<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers	<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers	<u>SPRINT DRILLS</u> 1. Speed March 2. Speed Shuffle 3. Butt Kicks 4. Box Jumps 5. Prime Times 6. Backward Run 7. Split & Rip Sprints	<u>HURDLE DRILLS</u> 1. Over & Under's 2. Lead Legs 3. Trail Legs 4. Walk Overs 5. Walk Over extends 6. Backward Walkovers
	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns		<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	<u>EVERYDAY DRILLS X 10</u> 1. Blk. Heel / Pwr. Heel 2. Push & Pivots / ground 3. 1-2-3 Shadow Stands 4. 1-2 powers w/ reach & fire rt. side 5. Unit Turns 6. Wheels 7. 360 Wheels 8. 270's (F1)- Wheel (F3) to 1-2 stand throw 9. 7 Steps Rotational 10. Load left & sweep rt. 11. Walking line Rot. Drill 12. Shuffle, shuffle turns	
<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing	<u>TECHNIQUE WORK</u> Drills & Throwing
<u>WEIGHTS</u> Bench, Squats, Push Press		<u>WEIGHTS</u> Cleans, Snatches			<u>WEIGHTS</u> Cleans, Snatches Speed
<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings	<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings	<u>ROLLING X 10</u> 1. Hips 2. Glutes & Hamstrings 3. Quadriceps 4. Calfs 5. Pectorals 6. Lats	<u>FLEXABILITY 30 SEC</u> 1. Arm & Trunk Rotation 2. Pectoral Stretch 3. Hip Flexor Stretch 4. Seated Scap. Slide 5. Hamstring Stretch 6. Leg Swings

LATE SEASON PRACTICE PLAN

Competition Warm Up Routine

- RPR
- HURDLES WARM-UP
 - Over & Under's, Lead Leg, Trail Leg, Walkovers, Walkovers Extended, Backward Walkovers
- NOT IN CIRCLE THROWS WARM UP
 - Four HOH hip Pops
 - Four slow motion shadow powers.
 - Four shadow glides or shadow spins. (stop in power position)
- IN CIRCLE THROWS WARM UP
 - GLIDE:
 - Two Power Throws
 - 2 Perfect feel Glides @ 80%
 - ROTATIONAL:
 - Two Power Throws
 - One Wheel & Throw (focus on Power hip pivot)
 - Two full spins with easy rhythm

*The purpose of a warm up is to prepare for competition (mentally & physically), it is not the competition.

*Unless warm-ups are horrific don't make any adjustments, don't get the athlete thinking.

*Encourage the athlete to focus on their performance and improvement in technique. This encourages the athlete to focus on things they can control and provides a measurable successful outcome.

THROWS RANGE CHART

PR Distance	Light Intensity	Medium Intensity	Maximal Intensity
71-69	42-56	56-64	65-70
69-67	40.5-54	54-62.5	63-68
67-65	39.5-52.5	52.5-60.5	61-66
65-63	38.5-51	51-58	59-65
63-61	37-50	50-57	57.5-62
61-59	36-48	48-55	55.5-60
59-57	35-46	46-53	54-58
57-55	33.5-45	45-51.5	52-56
55-53	32.5-43	43-49	50-54
53-51	31-41.5	41.5-48	48.5-52
51-49	30-40	40-46	46.5-50
49-47	28.5-38	38-44	44.5-48
47-45	27.5-36.5	36.5-42	42.5-46
45-43	26.5-35	35-40.5	41-44
43-41	25-33.5	33.5-38.5	39-42
41-39	24-32	32-36.5	37-40
39-37	23-30	30-35	35.5-38
37-35	21.5-25	28.5-33	33.5-36
35-33	20.5-27	27-31	31.5-34
33-31	19-25.5	25.5-29	29.5-32
31-29	18-24	24-27.5	28-30

light 60%-80%
 medium 80%-92%
 Maximal 93%-100%

2 lb = 4 ft difference

I have found medium intensity efforts work best to help aid in development of proper technique.

GENERAL THROWS PROGRAMING

- IN DETERMINING THE GENERAL VOLUME PLAN THROWING DRILLS, STANDS & FULL THROWS ALL COUNT AS A TOSS.
- I DETERMINE THE GENERAL VOLUME BASED ON WHAT THE BEST THROWERS NEED. FOR THE MOST PART TRAINING AGE & EXPERTISE DETERMINE VOLUME. *Younger athletes generally do between 1/2 to 2/3 of more experienced throwers.*
- SPINNERS USUALLY WILL THROW LESS TOSSES THAN GLIDERS. (I THINK SPINNING STRESSES THE NERVOUS SYSTEM MORE).
- LOOK FOR SIGNS OF FATIGUE OR BREAKDOWN IN FORM TO DETERMINE VOLUME OF THROWS. MUST ALSO KEEP IN MIND THE LIFTING REQUIRMENTS FOR THE WEEK.
- I LIKE TO USE DIFFERENT WEIGHTED SHOTS FOR TWO REASON
 - 1. DIFFERENT WEIGHTS CREATE DIFFERNENT STRESSES (YOU DON'T LIFT THE SAME WEIGHT ALL THE TIME IN THE WEIGHT ROOM)
 - LIGHT IMPLEMENTS FOR LEARNING AND/OR SPEED, HEAVY IMPLEMENTS FOR STRENGTH

2018 GENERAL VOLUME PLAN

WEEK	DATES	PLAN	VOLUME	IMPLEMENT
1	1/22-1/27	Early Season	Light	Light
2	1/29-2/3	Early Season	Medium	Regular / Light
3	2/5-2/10	Early Season	Medium / Heavy	Regular / Light
4	2/12-2/17	Early Season	Heavy	Regular / Heavy
5	2/19-2/24	Mid-Season	Heavy	Regular / Heavy
6	2/26-3/3	Mid-Season	Heavy	Regular / Heavy
7	3/5-3/10	Mid-Season	Medium / Heavy	Regular / Heavy
8	3/12-3/17	Mid-Season	Medium	Regular / Light
9	3/19-3/24	Late Season	Light	Light
10	3/26-3/31	RECOVERY	Light / None	Regular
11	4/2-4/7	Early Season	Medium	Regular
12	4/9-4/14	Early Season	Medium / Heavy	Regular / Heavy
13	4/16-4/21	Mid-Season	Heavy	Regular / Heavy
14	4/23-4/28	Mid-Season	Heavy	Regular / Heavy
15	4/30-5/5	Mid-Season	Heavy	Regular
16	5/7-5/12	Late Season	Medium	Regular / Light
17	5/14-5/19	Late Season	Medium	Regular / Light
18	5/21-5/26	Modified Late	Light	Light
19	5/28-6/2	RECOVERY	Off	Off

Some Different Drills I Like to Use

To help solve various issues

**Doing drills with poles behind the back helps
to build better posture & positions**



**360's with med balls w/ both arms & single arms
are great for developing proper balance needed at
the back of the ring**



Double Spins:

Drill Helps athlete become more comfortable & fluid with rotational movements



270 Med ball Wall Toss:

Helps to develop proper mechanics out of the back & helps with over rotation out of the back



Wide Slaps:

Helps to develop the feel for getting out over the left side



**Pole Wrap Drill helps to develop proper drive
off the left foot and improves the right leg &
hip action**



360's & Throw:

Drill helps to fix multiple balance issues



Softmed Medicine Ball (MF Athletics)

Rob Lasorsa: rob.lasorsa@mfathletics.com

5.5 LBS Size of a small shot

Can throw against a wall, no marks



Other Helpful Resources

- I Pad or some type of tablet is Very Useful for so many purposes.

- “Huddle Technique”
side analysis, record



great for all types of analysis, many tools, side by side comments & send to kids . “Coach’s Eye” also good.

- “Video Delay”
throw, come
throwing. This repeats so many throwers are able to see their throws.



great app to use during practice. Able to have athlete around and watch their throw while a different athlete is

- “Camera App”
many new



this app is a fast and simple way to analyze video with features including very useful time lapse feature.

- Don’t get caught up relying on video to much during a practice. It slows practice down to much.

Contact Info.

- Follow me on Twitter [@JimAikens](#)
- Follow Burlington Central Throwers [@BCThrows](#)
- Email me at Coachaikens@gmail.com
- Follow us on Instagram at [centralthrowers](#)