

# **Building a Throws Culture**

**Planning a Season to Keep Your Athletes Excited and Improving!**



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# **Sell Hard Work!**

Track is Not Easy

Time Commitment

Lift Twice a Day  
During School/After Practice

TONS of Drill Work (Specific to Daily Goal)

Progressive Throws Volume



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# **Have a Presence!**

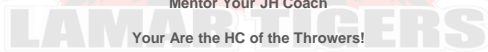
Coach Another Sport

Work with JH program

Summer Workouts

Mentor Your JH Coach

Your Are the HC of the Throwers!



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## **Own Your Facilities!**



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## **Recruiting!**



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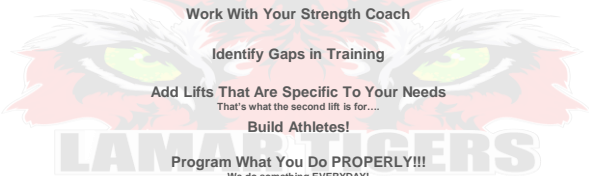
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## **The Weightroom**



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# Complex #1



Done With DB's or Bar

Builds Olympic Lift Technique

Great for All-Sports Conditioning!

30-70% Loading

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# Block Snatch



Builds Full Body Explosiveness

Great For Increasing Discus Pull

Builds Jumping Ability

My Favorite Olympic Lift

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# Block Clean



Builds Full Body Explosiveness

Builds Strength Engine

Builds Shoulder Girdle Mobility

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# Split Jerk



- Builds Full Body Explosiveness
- Great For Increasing Shot Put Ability
- Safety Concerns
- Jerk Blocks \$\$\$ (Can Build Yourself)

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# Push Press



- Step 1 in Teaching Split Jerk
- Any Athlete Can Do On Day 1!

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# Push Jerk



- Step 2 in Teaching Split Jerk

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# Split Jerk



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# Front Squat



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- Throws Posture!
- Specific Quad Development (VMO)
- Improves Power Clean
- Awesome For Core

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# 20° Bench Press



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- Mimics Shot Release Angle
- Specific Strength

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# 20° Bench Flies



Mimics Discus  
Release Angle

Specific Strength

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## Season Planning

Plan Your Work, Work Your Plan (12-13 Weeks)

Set Goals For Each Athlete

Utilize Standard Periodization

Which Meets Matter?

Throw Far When It Counts!

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## Season Planning

	Olympics	Auxiliary	Shot Put	Discus	Drills	Plyos
<b>Conditioning Cycle</b> Weeks 1-3 Huge Variety!	<b>60-75%</b> 4-6 sets 4-6 reps (87)	<b>40-60%</b> 3-5 sets 10-16 reps	6-8 Stands 6-8 Halls 6-8 S.A.'s <b>8-10 Fulls</b> 4k or 12lb	6-8 Stands 6-8 Halls 6-8 S.A.'s <b>8-10 Fulls</b> 1k or 1.6k	Wide Variety with lots of Reps!	Jump Rope Stairs Bounding Long Sprinting
<b>Meso (Strength) Cycle</b> Weeks 4-10 Focus on Strength!!	<b>70-85%</b> 5-7 sets 3-5 reps	<b>65-80%</b> 3-5 sets 6-12 reps	2-4 Stands (H) 4-6 Halls (H) S.A.'s as Needed <b>12-16 Fulls</b> 3-4.5k (girls) 10-14lb (boys)	2-4 Stands 4-6 Halls S.A.'s as Needed <b>15-20 Fulls</b> 0.75k-1.25k (girls) 1.40k-1.80k (boys)	Add weights or implements to drill work!	Hurdles Rebound Jumps Box Jumps Medium Sprinting French Contrast!
<b>Competition Cycle</b> Weeks 11-12 Focus on Acceleration!!!	<b>80-95%</b> 6-8 sets 1-3 Reps	N/A	Stands? 6-8 Halls <b>15-20 Fulls</b> 4k or 12lb	Stands? 6-8 Halls <b>20-25 Fulls</b> 1kg or 1.6kg	Maintenance or Warm-Up Only!	Short Sprints! Fast Jumps!

\*Exercise Intensity Based off of 1RM

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# Preseason



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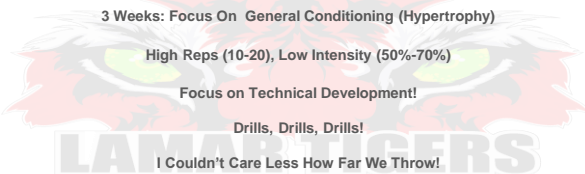
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# Conditioning Cycle



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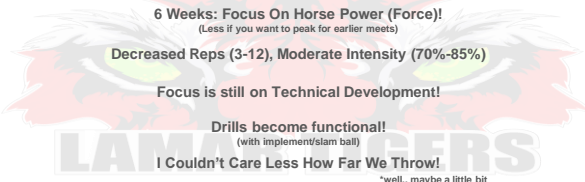
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# Meso (Strength) Cycle



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# Competition Cycle

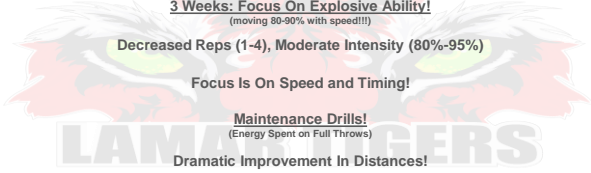
**3 Weeks: Focus On Explosive Ability!**  
(moving 80-90% with speed!!!)

**Decreased Reps (1-4), Moderate Intensity (80%-95%)**

**Focus Is On Speed and Timing!**

**Maintenance Drills!**  
(Energy Spent on Full Throws)

**Dramatic Improvement In Distances!**



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# Summer Work

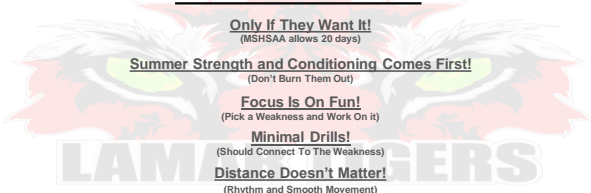
**Only if They Want It!**  
(MSHSAA allows 20 days)

**Summer Strength and Conditioning Comes First!**  
(Don't Burn Them Out)

**Focus Is On Fun!**  
(Pick a Weakness and Work On it)

**Minimal Drills!**  
(Should Connect To The Weakness)

**Distance Doesn't Matter!**  
(Rhythm and Smooth Movement)



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# The Offseason

**(August to December)**

**Play Other Sports!**

**Don't Talk About Throwing!**  
First Rule of Fight Club!!!



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