

The Butterfly Effect

It's a whole bunch of little things...
and little things add up to make BIG
things!

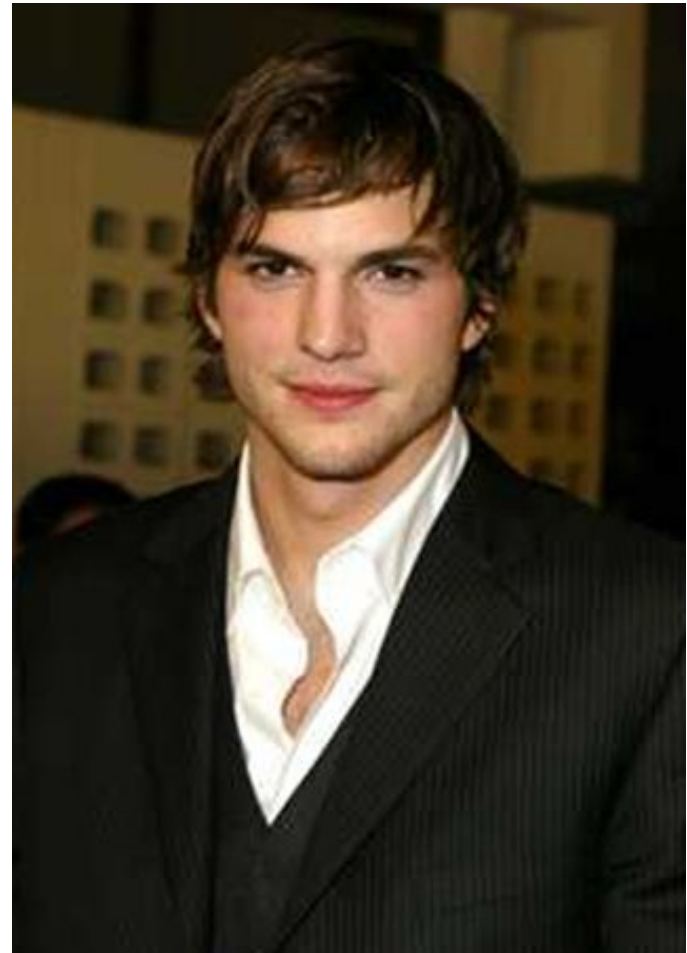
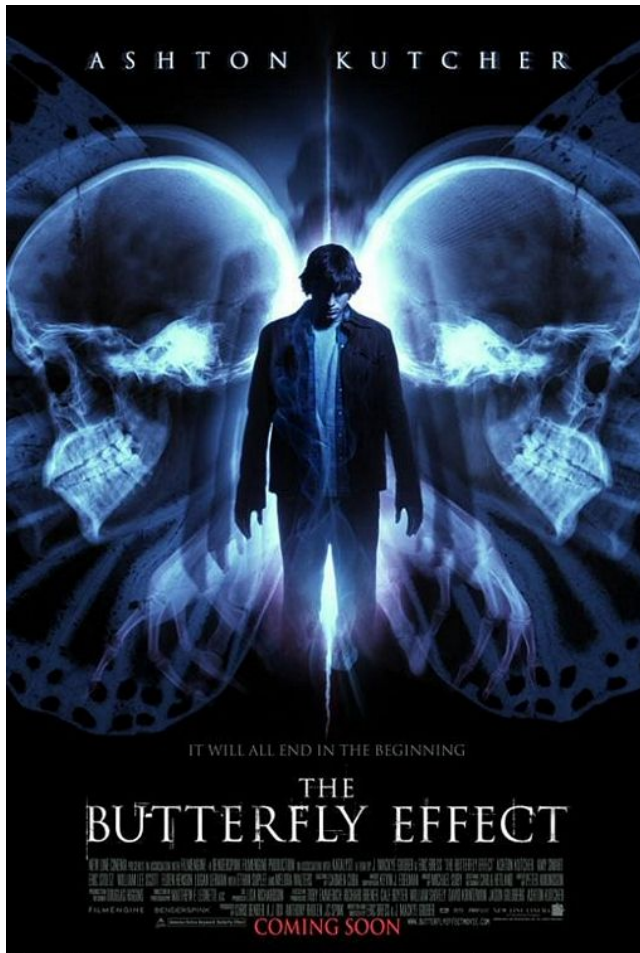
What you'll learn today...

1. Facility and safety
2. Developing a practice schedule
3. Components of throwing
 - ① Flexibility
 - ② Agility and footwork
 - ③ Strength training
 - ④ Technique
 - ⑤ Mental preparation
 - ⑥ Speed conditioning

Learning inventory(cont'd)

4. Drills
5. Form(we use the glide)
6. Video—your kids and experts
7. Training diet
8. Philosophy
9. What can we learn from each other?

I am not Ashton Kutcher!



A theory becomes a law!

- Proposed by Edward Lorenz at the 1963 NY Academy of Science.
- A butterfly's wing could move air molecules in the tropical rain forest and initiate a hurricane halfway around the world.
- Became "The Law of Sensitive Dependence upon Initial Conditions" 30 years later

How can you become a butterfly?



*“They don’t care how
much you know until
they know how much
you care!”*

Embarrassed into the 21st century!

But learned a lesson that should
apply to all of us as coaches as well!

What makes a great coach?

- Take a second and record 5 characteristics of coaches you might consider to be “great” ...

1?

2?

3?

4?

5?

- Lets compare lists!

The 2011 TOY Class's criteria.



*Insanity: doing the same
thing over and over again
and expecting different
results.*

Albert Einstein

Safety and facilities

One begets the other!

Safety

1. Safety needs to be your first consideration!
 - Create a throwing safety policy that you share as a hardcopy with your head coach(s), AD and/or administration and your kids.
 - Consider both practice and meet procedures that ensure safety!
 - Revisit the policy every year for updates.
 - Our tragedies...Steve and Michaela

Be Safe!

DISCUS SAFETY

1. BE ALERT whether throwing or retrieving.
2. NEVER turn your back on the ring when retrieving.
3. Only one competitor inside the cage at a time during warm-up and competition.
4. Enter the cage via the south gate only.

Exchange safety strategies

- What is your greatest safety concern?
- What is your greatest safety security?

How can you ensure safety of your throwers and those from other schools?

Facilities

- Due to the nature of the events you have to maximize quality repetitions and kids' time in the ring--safely.
- Limited by the physical set up but can you do more?
- Our “place”.

Meet rings



Shotput rings



Meet discus ring



Discus rings



Drill space



Drill space



Designing your practice

Your situation will dictate how elaborate you may be! Do your best!

Consistency is what counts!
You have to do things over
and over again.

-Hank Aaron

Northern State, Aberdeen, S.D.

This is one of the traps we fall into as coaches, we are afraid kids will get bored. They only have a chance to be bored if we quit coaching!

Brain Rule #5- “Repeat to remember!”

Brain Rule #6- “Remember to repeat!”
(10,000 hour rule)

Brain Rule # 10 “Vision trumps all senses”

Practice Schedule Components

1. Practice #, day and date
2. Quote of the day, awards or thoughts.
3. Weight room
4. Agility drills
5. EDDs
6. Technique drills
7. Throwing and throwing drills
8. Speed work

Duplicate the movements,
skills and nature of the events.

Did you ever consider
that these are the only
track events that begin
backwards?

Team Stretch

- Active and passive routines as a boys' and girls' teams before moving on to event specific practice.
- Generally, I'm setting up for event specific drills during this time. (I'm the only classroom teacher on our coaching staff.)

Strength training

- Two or three days per week depending upon calendar
- Routine(stolen from Chuck Bolton)
 - Warmups:
 - Twenty under the hurdle side lunges, 10 hip snatches off the boxes, 10 front squats
- Lifts(6 reps only)
 - Upright rowing, snatch, Romanian deadlift, squat press, bent over rowing

Supplements

- Do these with the rest of the program!
 - Squatting lunge walk with dumbbells or kettlebells
 - Backward squatting lunges
 - Barbell shotput plyos(Jocko Gill)
 - Standing incline press(JG)
- Medicine ball drills(prevents plateaus)
 - chest pass, overhead pass, scoops, side pulls
 - two man passes, bucket brigades, etc.

Agility Drills

EDDs

- A'la Bolton!
 - Heel walking, toe walking, quick steps, long skips with crossing arms, power skips, glides, lunges, “bug killers”, step-step-wheel
 - We use these as meet warm ups as well

Drills



- Tell them “why”!
- Helps them internalize the movements and makes brain-body connections.

Why the glide???

- I believe all kids can learn it regardless of athleticism—not sure that is the case with rotation!
- Five of the top ten men's throws in the world are glides.
- Top woman thrower in world glides.
- Keeps confusion to a minimum, for me, not them! =))))

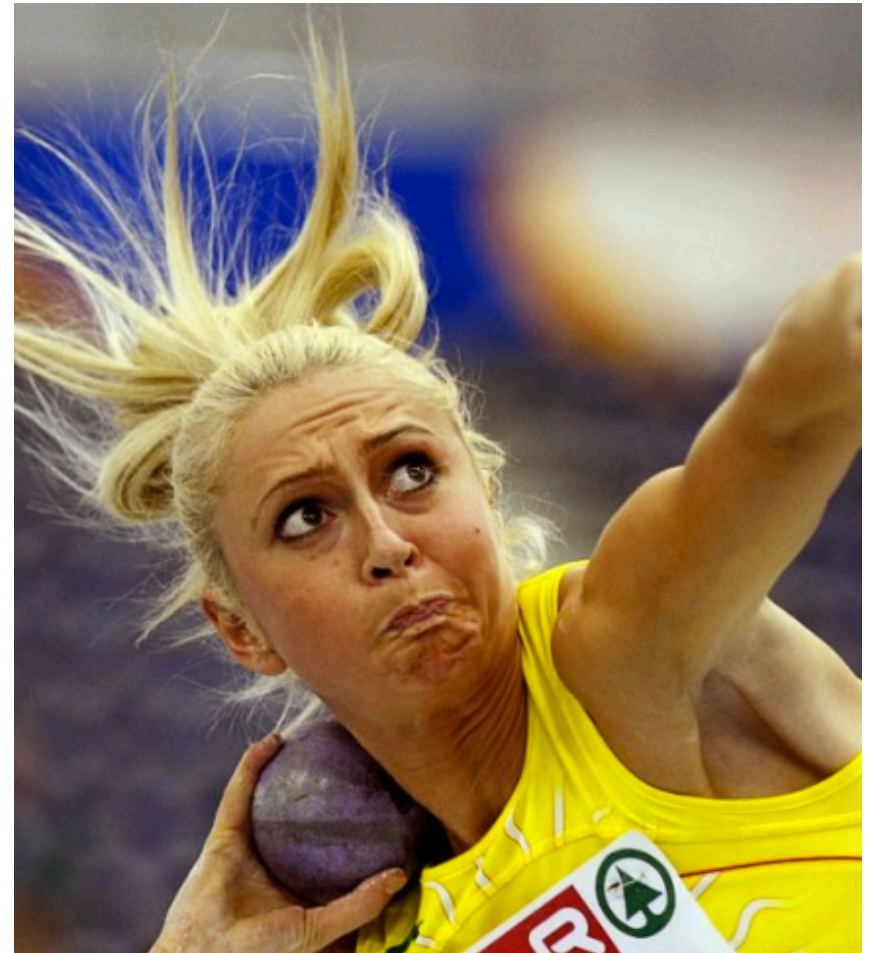
“Wall” Drills

- Knee “pop”
 - Hip “pop”
 - “Lead” drill
 - “Block” drill
 - “Punch” drill
 - “Slap” drill
- Why?
 - Keeps chest and arms away from wall
 - Gets hips in front of chest
 - Gives a focal point for you if they need coaching

Glide (no-shot) specific drills

- Fall “A”
- Snap
- Two person snap
- Snap with towel
- Snap over a towel
- Quick left
- “Stall”
- Perfect power throw—slow and right; then fast

- BE CERTAIN THEIR LEAD TO POWER FOOT POSITION IS CORRECT!



Shot in hand drills



- “flips”(great preseason)
- Chest pass(preseason)
- “lifts”
- “pops”
- Lead arm focus reps
- Block arm focus reps
- “grounding”
- “pounds” (Dunnigan)
- “field goals”

“Be sure to put your feet in the
right place, then stand firm!”

Abraham Lincoln

Pretty basic throwing routine

- We will do these after event specific drills
 - Power throws
 - “Stalls”
 - Stall and throw
 - Full form glide
- Adopted a “you decide” strategy for reps and total volume.

Check their reps to be sure they are always using good form!

My personal philosophy is that I owe every one of my kids a chance at a state championship; I don't owe them a state championship.

Their personal commitment will make or break them.

Remind them:

“Far will come after form!”

We never “tape” throws unless it is a throw-off practice.

Encourages form and saves time.

Once in a lifetime!

Chance to share your ideas

- How many throwing reps do you have your kids perform?
- Do you expect your kids to double in the throwing events? What if they want to specialize?
- How do you deal with cross-over athletes?
- Other issues?

Discus drill and technique



No discus in-hand drills

- “wall” drills—lead, block, slap
- “flap” slap
- Tap arounds—keep arms high and opposite
 - 90s, 180s, 270s, 360’s
- “shift” 270s
- “bucket” turns(Larry Judge)
- Line turns

No discus drills--continued

- Wheel and back
- Quick lefts
- Pole turns
- Cone turns
- “step ins”
- Wheel throws with cones
- Pole turn and “push”—Meaders FSU
- Ball-in-a-sock????

Discus in hand drills

- “8s”
- Flips
- Bowling
- Skiing
- “Pops”
- Powers for lead
- Powers for block

Discus in hand drills-cont'd

- “wheel” throws
- “step in” throws
- South Africans
- Others you like?

“Conditioning?????”

- Whatever you do, do it explosively!
 - Relays give bang for buck
 - Short sprints
 - Vertical and horizontal jumps
 - Bleachers
 - Step ups, hop ups, runs
- Dirty dozen
- R-E-S-T TO E-X-P-L-O-D-E!!!!!!!!!!!!!!!

Using video

iMovie

- Record with digital video and download the entire meet.
- Create individual projects for each thrower for each event in each meet.
- Review on the laptop during practice outdoors or can use in the classroom on the big screen.
- “Arrow” key allows you to slo-mo every section of the video project.

Internet video is a rich resource!

- <http://coachthethrows.com/blog/>
- [http://ezinearticles.com/?expert=Dave Hahn](http://ezinearticles.com/?expert=Dave_Hahn)
- <http://www.haskestrength.com/2010/04/ljay-silvester-video.html>
- <http://www.throwholics.com/>
- http://www.youtube.com/watch?v=lWaelvrsu_M
- <http://www.youtube.com/watch?v=yKV2YWF3Cbs>

The State Champ who almost
wasn't

Due to a lack of "juice"

Samantha Dolezal
STATE CHAMPION
2011 Discus



Healthy eating for athletes

- At a minimum provide some guidance for pre-meet and meet eating.
- Tapioca pudding, pudding and Jello, graham crackers, angel food and sponge cake, bananas, sherbets, ice milk, cooked or canned apples, (applesauce as long as it is “no sugar added”! And, bring a spoon!) apricots, cherries, peaches or pears. No added sugars in any of these!

More good food choices....

- Shakes made with sherbets and fruit drinks, baked or boiled potatoes w/o skin, cooked and pureed vegetables like asparagus, beets, carrots, peas, pumpkin and squash.
-
- Bagels, English muffins, bread, pretzels(minus the cheese), raisins, sports drink, liquid meals like Ensure, Ensure-plus, Nutriment, Slim Fast may also be satisfying though some may not taste like it.
-
- Stay hydrated!
-

Things not to do....

- Stay away from soda, doughnuts, other high sugar, high fat, high protein foods as they take too long to digest and may cause spikes in blood sugar and cause an insulin response that may actually hinder performance.

A healthy eating calculator

- <http://www.bcm.edu/cnrc/healthyeatingcalculator/eatingCal.html>

It's easy to be good...

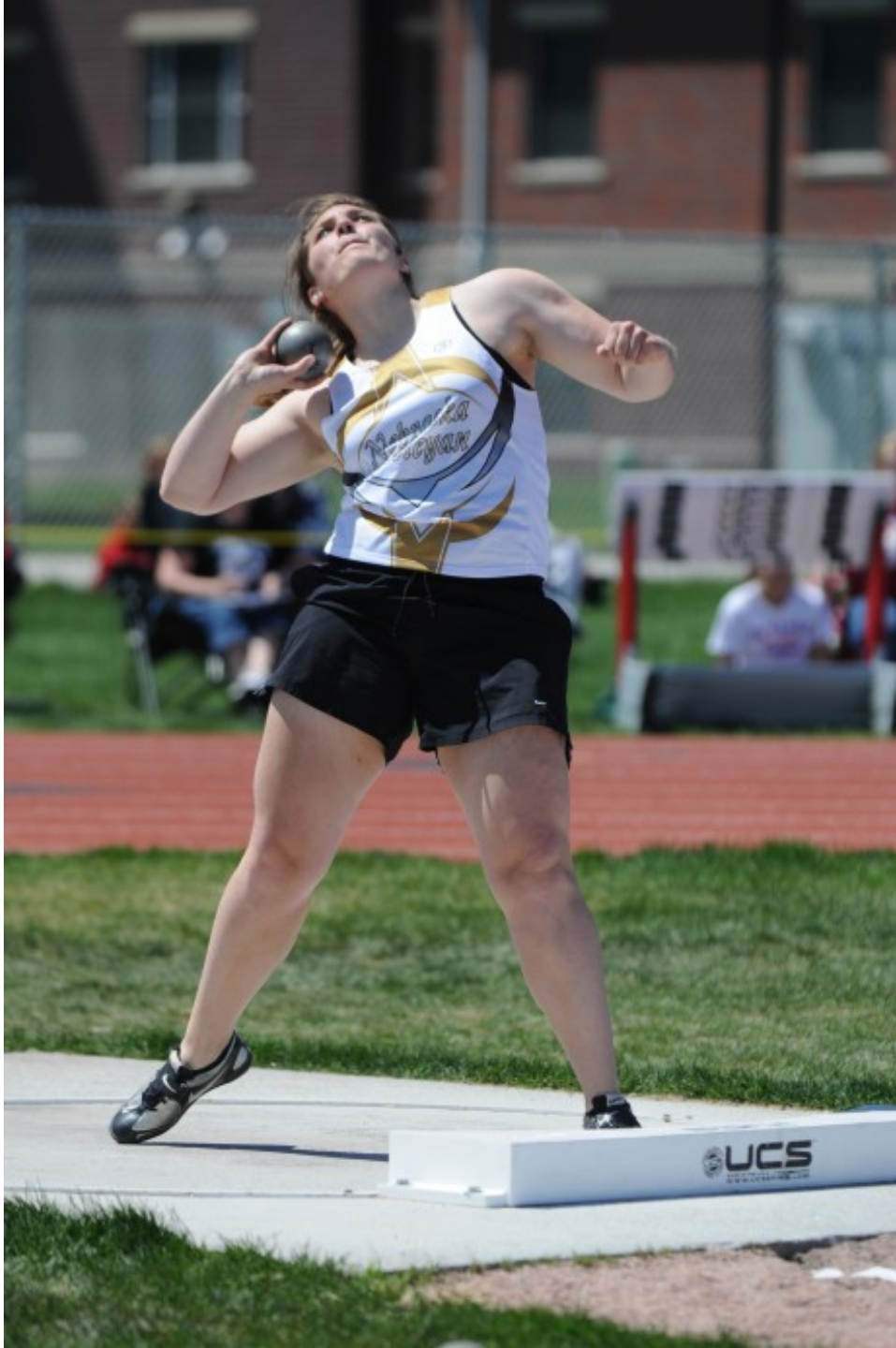
When you have great kids!



Nebraska Wesleyan

RASTINGS









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Live Your Dash.®

— Make Every Moment Matter™ —

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