

# HIGH SCHOOL THROWS

By: Morgan Wilken

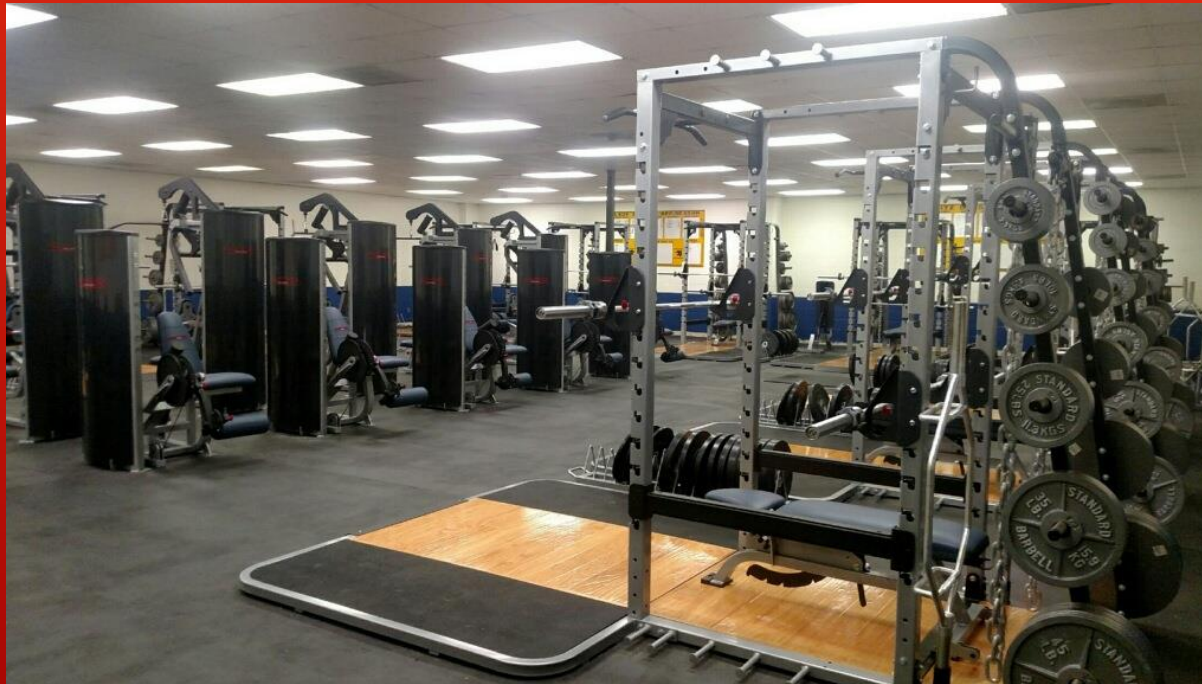
Scottsbluff High School

# BACKGROUND ON ME

- ▶ Graduated from Crofton High 2008
  - ▶ Member of numerous state championship teams
- ▶ Threw for the University of Nebraska – Lincoln from Fall of 2008 to Spring 2013
  - ▶ Coached by Mark Colligan and Carrie Lane
  - ▶ Was a two time All-American, three time national qualifier
  - ▶ Currently 4<sup>th</sup> all time on UNL top ten list in the discus
- ▶ I have been teaching and coaching track at Scottsbluff High School since August 2014

# PRESEASON CONDITIONING

- ▶ Weight Room
- ▶ 3 or 4 day program
- ▶ Open communication with other sport coaches



# PRE-SEASON CONDITIONING

► Main focus is drill work

## **Discus Drill Series (5 reps each position)**

- PP facing Back – LB Rotate
- PP facing Back – LB Rotate – OH finish on toes
- Half turn – LB Rotate
- Half turn – LB Rotate – OH finish on toes
- Walking SA – LB Rotate
- Walking SA – LB Rotate – OH finish on toes
- Walking SA – Jump in PP
- 180 R foot lands in middle of circle
- 180 – half turn – OH finish on toes
- 360
- Walking full turn - LB rotate
- Walking full turn - LB Rotate – Finish on toes

## **● Shot Put Drill Series (5 reps each Position)**

- PP facing back – LB rotate
- PP facing back LB rotate – Oh finish on toes
- Step back – LB Rotate
- Step back - LB Rotate – Finish on toes
- Scissors – PP
- Scissors – PP – LB rotate
- Scissors – PP – LB rotate – Finish on toes
- Full glide to PP – Jump in PP
- Full glide PP – LB Rotate
- Full glide PP – LB Rotate – Finish on toes

# DISCUS DRILLS

- ▶ Power position
- ▶ Focus on feet and keeping shoulders back



# DISCUS DRILLS

- ▶ Half Turns
- ▶ All moment comes from the right leg for right handed throwers



# DISCUS DRILLS

- ▶ South Africans
- ▶ Stay balanced



# DISCUS DRILLS

- ▶ Back of the ring work
- ▶ Be under control





# DISCUS DRILLS

- ▶ Fulls
- ▶ Put it all together



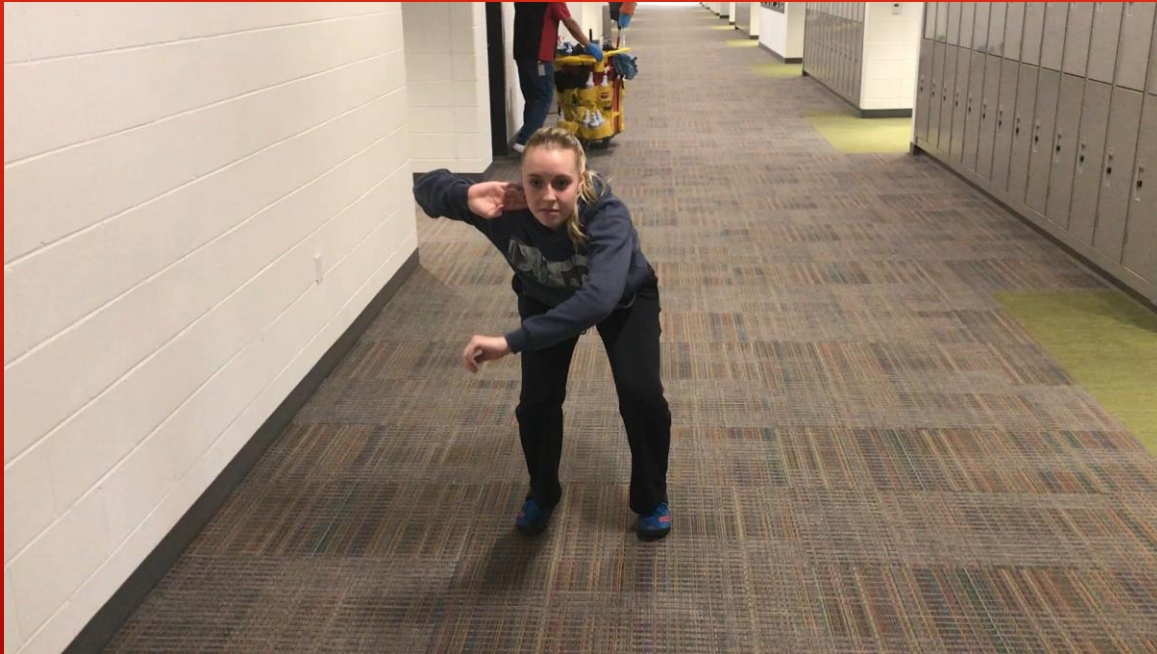
# SHOT PUT DRILLS

- ▶ Power Position (same as discus drills)



# SHOT PUT DRILLS

- ▶ Step Backs
- ▶ Focus on keeping weight on the right for right handed throwers



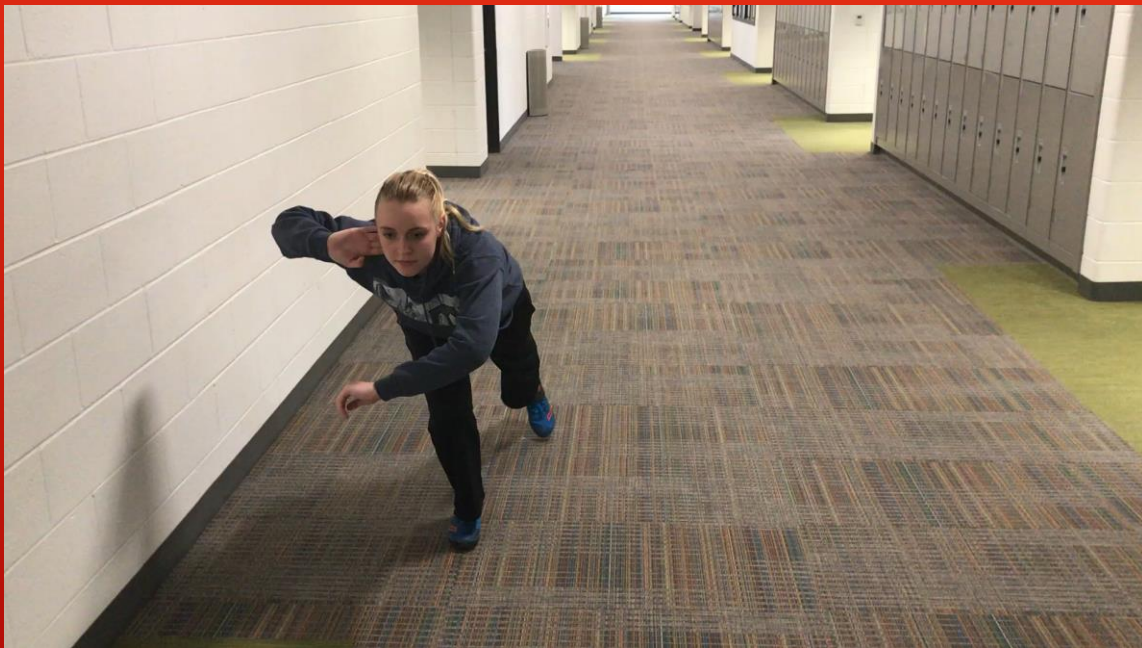
# SHOT PUT DRILLS

- ▶ Scissors
- ▶ Keep shoulders over right leg
- ▶ Pulling right leg under



# SHOT PUT DRILLS

## ► Fulls



# SEASON OUTLOOK

WEEK	Focus	
1	Release Drills	Alt. days shot and discus
2	Release Drills into Power Throws	Alt. days shot and discus
3	Release Drills / Power Throws / Step-backs (Shot Put) and South Africans (discus)	Shot and discus everyday
4	Release Drills / Powers / Step-backs and fulls (shot) and SA and fulls (discus)	shot and discus everyday
5	RD /Powers / Step backs / SA / Fulls	shot and discus everyday
6	RD /Powers / Step backs / SA / Fulls	shot and discus everyday
7	RD /Powers / Step backs / SA / Fulls	shot and discus everyday
8	RD /Powers / Step backs / SA / Fulls	shot and discus everyday
9	RD /Powers / Step backs / SA / Fulls	shot and discus everyday
10	RD /Powers / Step backs / SA / Fulls	Alt. days shot and discus
11	RD /Powers / Step backs / SA / Fulls	Alt. days shot and discus
12	RD /Powers / Step backs / SA / Fulls	Alt. days shot and discus

# WARM UPS

## Warm Up:

Supermans

Butt kicks

High knees

Lunge with hamstring stretch

Knee to chest raise

Lunge with a twist

Spidermans

Inchworms

Carioca

Straight leg toe touch

A skip

B skip

Straight leg skip

## Warm Up

1x20yds

- Fwd Skips/Fwd arm circles
- Fwd Skips/Bkwd arm circles
- Bkwd Skips/Bkwd arm circles
- Bkwd Skips/Fwd arm circles

### 5 reps each leg

- Posterior bows
- IT bank walks
- Walking RDL
- Lunge with hip flexor bend
- Knee grab
- Lunge with thoracic twist
- Ankle grab with arm raise
- 3-way heel walks fwd/bwkd (10steps each)

# DISCUS RELEASE DRILLS

- ▶ Standing arm straight at side discus roll out of hand, focus on coming off index finger
- ▶ Standing bend elbow, roll out of hand, 3-5ft away focus on index finger straight thumb
- ▶ Bend elbow add height land 5-10 ft away index finger straight thumb
- ▶ Feet perpendicular to throwing sector, throw back and forth to partner. Focus on coming off index finger and discus away from body. Land 15ft away.
- ▶ Feet perpendicular to outfield, rotate with arm out to outfield, not a power throw focus on getting arm out.






# SHOT PUT RELEASE DRILLS


- ▶ Throw into ground
- ▶ Two feet at toe board up into the air
- ▶ Feet facing outfield one at toeboard, one in center of ring, lean back, squat down, left arm towards the sky, throw, weight should be back on right leg.
- ▶ Same as previous only left foot on toeboard.
- ▶ Same as previously only slight rotation. Hips still face outfield. Feet and shoulders face back of ring. Focus on clearing left arm, throwing off right leg and finishing with wrist.



# GENERAL PRACTICE WEEK 1

- ▶ Warm Up
  - ▶ Sprint Build –Ups
  - ▶ Discus / Shot Release Drills
  - ▶ Discus / Shot Drills
  - ▶ Upper classmen might throw
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# GENERAL PRACTICE WEEK 2-3

- ▶ Warm Up
  - ▶ Sprint Build Ups
  - ▶ Discus Workout
    - ▶ 5 Release
    - ▶ 5 Power throws
    - ▶ 5 South Africans
    - ▶ 5 fulls (if ready)
  - ▶ Shot Put Workout
    - ▶ 3 Release Drill
    - ▶ 5-10 power throws
    - ▶ 5 step backs
    - ▶ 5 fulls (if ready)
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# GENERAL PRACTICE WEEKS 3-9

- ▶ Warm Up
  - ▶ Discus Workout
    - ▶ 5 powers
    - ▶ 5 South Africans
    - ▶ 5-10 fulls
  - ▶ Shot Put Workout
    - ▶ 5 powers
    - ▶ 5 Step-backs
    - ▶ 5-10 fulls
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# GENERAL PRACTICE WEEKS 10-12

- ▶ Conference, Districts, State
  - ▶ Varies by athlete
  - ▶ This is usually just varsity
  - ▶ Alt. days shots and discus.
  - ▶ Shot put work out
    - ▶ 2-3 powers
    - ▶ 2-3 step backs
    - ▶ 10-12 fulls
  - ▶ Discus Workout
    - ▶ 2-3 powers
    - ▶ 2-3 South Africans
    - ▶ 10-12 fulls
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# PRE – MEET PRACTICE

- ▶ Start in week 5 or 6
- ▶ Warm Up
- ▶ Discus ( no more than 10 throws total)
  - ▶ 1-2 powers
  - ▶ 1 South African
  - ▶ 6-7 fulls
- ▶ Shot Put ( no more than 10)
  - ▶ 1-2 powers
  - ▶ 1-2 step backs
  - ▶ 5-6 fulls



# FUN STUFF

- ▶ Throwing Easter Egg Hunt



# FUN STUFF

## ▶ Scavenger Hunt

### End of 2018 JV Season Scavenger Hunt

All items on the list must be documented using photo or video. Everything must be school appropriate. All sportsmanship rules apply. Must be completed on school grounds.

1. Graffiti a whiteboard with school pride
2. Dress a member of the team in all white, red, black, or grey.
3. Help a teacher
4. Take a selfie with a member of a different event group
5. Do a good deed
6. Hydration is key
7. Swole is the goal
8. Reenact Rocky Balboa and eye of the tiger
9. Practice like another event group
10. Impersonate your favorite thrower
11. Sing the national anthem
12. Practice your baton exchanges
13. High five ten people not on your team
14. Get a random person to smile
15. Make a discus out of paper
16. Recreate a Disney scene
17. Disney Dance party
18. Create SHS with human bodies|



# FINAL COMMENTS / QUESTIONS

- ▶ Safety First
  - ▶ Pre-Season / Post-Season Meetings
  - ▶ Working with Parents
  
  - ▶ Questions
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