

# Throwing Heavy Stuff Far

## Helping Young People Become Good People

If we do a good job helping them get better at athletics, they'll hear us out on some really important stuff.

## How Far Could the Jolly Green Giant Throw?

Clip: <https://www.youtube.com/watch?v=Q8ilBsr9n3o>

Even if he can't throw far, he's jolly and you'll want him around. Further, he'll make others want to join the party, and some of them will throw far.



### Important Ideas to Impart Each Season

- Coach the BURST!
- Coach the EYES.
- Show me LIFT.
- RUE
- GTB
- JTFP
- Alacrity
- A Tale of Three Workers
- The Marks of a Man
- My Purpose as a Coach
- What is your purpose as a young man?
- Wimps and Barbarians
- Self-mastery
- Ed and Ive

## Build a Foundation for How a Throw Should Look

Choose Some Technical Models for Group Film Study

- Find a room to show YouTube videos, and be close to an area where you can move the throwers every 4-5 min. to feel the positions they are seeing.
- Our top technical models are:
  - John Brenner for Glide Shot Put
  - Ryan Crouser for Rotational Shot Put
  - Gerd Kanter for Discus
- I think Rob Suelflohn posts the best throws videos on YouTube, doing so under the name of “70 Footer.”

# A Sample Email Message to My Throwers

- Watch 5-15 minutes of world-class throwers every day and visualize yourself doing what they're doing. Sometimes you will also get out of your chair and try to feel what they are feeling.
- Practice the movements you continue to struggle with. Ideally, have a mirror to check and see how similar you are to the world-class guys. Throwing their distances is nearly impossible, but it is not so much because their form is impossible to emulate. You do have a chance to throw like them. It is their beastly physical characteristics, coupled with their great form, that gets them out so far.
- Get "Coach's Eye" or "Ubersense" on your phone and have a teammate film you throwing or drilling. Film is an incredibly valuable tool for self-analysis and easier to do now than ever before. If you want help analyzing it, ask one of the throws coaches or one of your experienced teammates.
- This link shows the 2011 State Championship Discus Finals. Not only did Drex win, but I think he looked the best: <https://www.youtube.com/watch?v=pnvSJRKmxk0>
- Jill Pedretti sets the current State Record back in 1999: <http://www.madisonthrowsclub.com/2014/06/wiaa-girls-discus-record-jill-pedretti.html>
- Here is the link to Luke Sullivan's current State Record set back in 1993: <https://www.youtube.com/watch?v=mgm9U-IVptw>
- Here is Steve Marcelle setting the current shot put State Record in 2005: <https://www.youtube.com/watch?v=6a1-moJLfOk>
- Here are some terrific links for you to use to study world class throwers:
- For Shot Put (Gliders): <https://www.youtube.com/watch?v=rfeD7kDOMWo> Watch Timmerman, Brenner, and Carter, especially Brenner from 3:48-4:02.
- For Shot Put (Rotational): <https://www.youtube.com/watch?v=9AEGgrwej9E>
- For Discus: <https://www.youtube.com/watch?v=sEW1ZsSCVHE> Especially look at Delis, Kanter, and Wilkins.

# My Glide Shot Progression

- Start at the front of the throw and work back
  - Flick Drill - a good flick can add up to 5' in the shot as compared with throwing out of the palm.
  - Finished Reverse-C Arm Strike With a Flick Drill - clever name for a drill, hey?
  - Grunt the Hip Drill - also called "Tall at 2, Snap it Through," or "Punch a Tall Guy," or "Lift the Shot"
- Start at the back of the throw and work forward
  - A-Frame
  - A-Frame, then pull throw leg under immediately
  - Glides
  - Glide and pop to 1
- Meet in the middle
  - We often pause the glide at 1 and begin the power throw at 2
  - Using that as the middle of the throw helps them gain the rhythm to "throw out of the bounce."

## The Stretch Reflex

- A great throw involves firing a perfectly timed and coordinated series of stretch reflexes.
- A dog can drool, but it can't spit.
- Because of Drex Jackson's hand injury, he had to practice throwing the shot from his palm. For competition throws, I allowed him to truly flick the shot at the end of the throw, and he consistently added 5' by utilizing that final stretch reflex.
- "Throwing out of the bounce" allows the thrower to take advantage of a mighty stretch reflex when the thrower hits the ground.

## Throw "Out of the Bounce"

Noah couldn't get tall at 2 from a bundled power position, so we let him be less torqued, but quicker and more explosive, throwing "out of the bounce." Tuck (or pogo) Jumps help them feel immediate explosion off of the ground.

[Noah at Sectionals 49'6.5"](#)

So, burst your glide, throw it open, twist jump to get tall at 2 grunting the hip, and snap it through.

[Noah at Spartan Invite 153'5](#)

# *Quickness*

You don't have to be *fast* ...

but you have to be *quick!*