

THROWING SKILLS

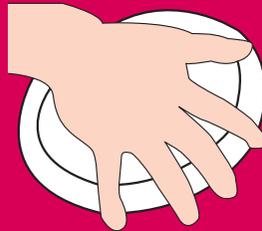
Discus

AIM:

The objective is to propel the implement the greatest possible distance within the rules of the event.

GRIP:

- Discus is held in the last joints of the fingers
- Ends of the fingers are wrapped over, not around the rim
- Wrist is relaxed and straight
- Discus rests against the base of the hand
- Thumb rests on the discus
- Make sure the athlete does not cup the discus in the wrist



PREPARATION PHASE:

- Stand side on to direction of throw
- Ensure feet are comfortably apart to ensure balance (slightly wider than shoulder width)

RELEASE:

- Movement is from low to high - legs first then chest then arms
- Discus is supported with free hand
- Weight is on front foot - weight transfers to back foot as discus is taken back as far as possible
- Discus is visible behind the body (from side-view)
- Legs and hips vigorously driven to face the front, pivoting on the balls of the feet.- Back hip turns towards the front of circle
- Arms last, once the torso is facing the front the throwing arm is brought round
- The arm with the discus should be a slinging action not a scoop
- Discus leaves the hand at or slightly below shoulder height (shoulders are parallel!)

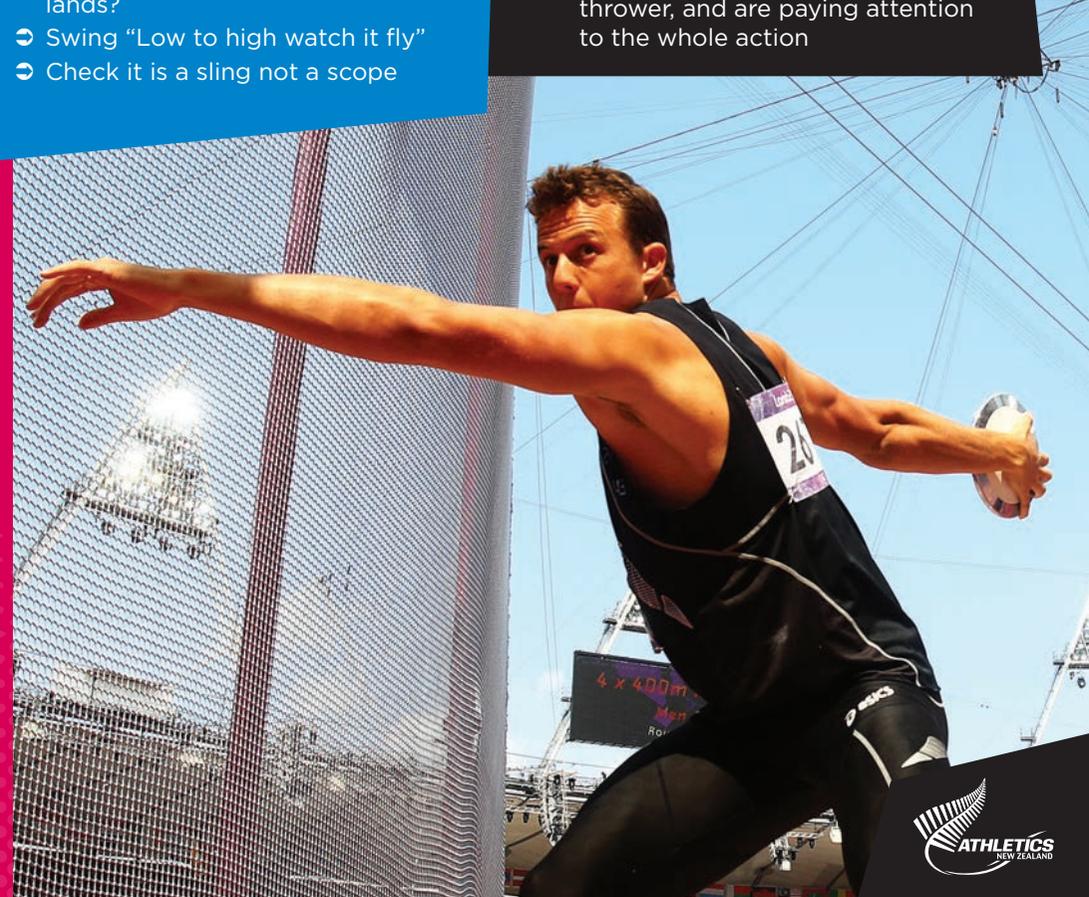


COACHING POINTS

- Coordinate the correct timing of 'big muscles before small'
- The back leg drives the hips to the front
- Grip
- Let it rest in your fingertips. Straight by side
- Avoid gripping the discus with thumb and fingers
- Release off index finger higher into the sky
- Does it roll away from you when it lands?
- Swing "Low to high watch it fly"
- Check it is a sling not a scope

SAFETY

- This is a potentially dangerous event and great care must be taken in coaching and when practising
- With right-handed throwers the most vulnerable area is to their right
- Whilst it is obviously safer if a throwing cage is used, this is an event which, with or without a cage, requires the strict supervision
- Always ensure that non throwers are positioned to the rear of the thrower, and are paying attention to the whole action



THROWING SKILLS DISCUS

Activities

Activity 1

HOOP IT

AIM: Slinging, throwing for accuracy

PROCEDURE:

Athletes throw rings or hoops at a small flag pole, trying to land exactly over it.

A round is finished when one team has achieved a certain number of "hits" or when the teams have thrown all their hoops.

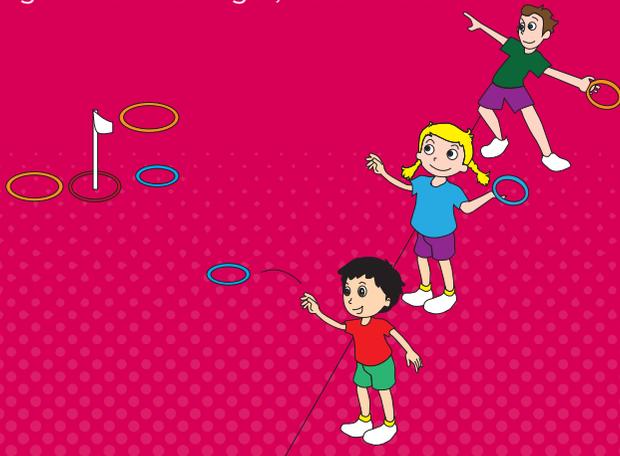
MODIFICATIONS:

Vary the distance of the target

Set a time limit to create pressure

Increase or decrease the size of the throwing implement

Increase the rotational action by facing away from the throwing direction, then rotating to face the target, before release.



Activity 2

BETWEEN THE ZONES

AIM: Throws at various targets with a rotational motion

PROCEDURE: You can use soccer goal posts or two poles (marked the size of the soccer posts in width). The space between the posts is divided equally into three zones (can use cones to mark zones): left zone, centre zone and right zone.

From a lateral standing position 5m in front of the centre zone, the athletes throw a ball (or any similar object) side arm (like in discus), with arm fully extended, at the soccer goal.

The athletes get 3 points through the middle zone.

If the right-handed participant throws the object through the right zone, 2 points are scored and 1 point is scored for throwing through the left zone. For left-handed throwers, points are scored in the reverse sequence.

MODIFICATIONS:

Vary the distance that the athlete can stand from the goal post

Increase or decrease the size of the throwing implement- change to hoop or ring



THROWING SKILLS

Javelin

AIM: A good throw is based on speed of approach, speed of release and a stabilized flight.

The throw is made off a long base with the feet in line with the direction of the throw and the throwing arm extended backwards an parallel to the ground.

The rear leg drives the hips to the front. The arm strikes very fast with the elbow close to the javelin to produce a forearm whiplash effect.

GRIP:

Thumb and first finger grip or thumb and second finger grip

Javelin lays diagonally in the hand

Palm faces up



APPROACH:

Javelin is held horizontally over the shoulder

Top of Javelin is at head height

Arm is steady

Acceleration run is relaxed, controlled and rhythmic

WITHDRAWAL:

Withdrawal starts on landing of the front foot.

Left shoulder faces the direction of the throw, the left arm is held forward for balance.

Throwing arm extends backwards during first and second strides.

Throwing arm is at shoulder height or slightly higher after withdrawal.

Tip of the javelin is close to the head
Impulse stride.

Back knee swings forwards (not upwards!).
Body leans backward.

Left shoulder and head face the direction of the throw.

Throwing arm and shoulder axis are parallel.

TRANSITION:

Back foot is placed flat at an acute angle to the direction of the throw.

Legs have overtaken the trunk.

Axes of the shoulder, javelin and hip are parallel.

Right knee and hip push forwards actively.
Throwing arm remains extended.

POWER POSITION:

Placement of front foot is active and solid.

Trunk is raised and there is a turning movement around the front leg.

Throwing shoulder pushes forwards.

Throwing elbow turns inwards, palm remains up.

FINAL ARM MOVEMENT:

Throwing elbow draws forwards and upwards alongside the head.

Trunk moves forwards.

Back foot maintains ground contact until the javelin is released.

Throwing arm should be as close to vertical as possible at release



COACHING POINTS

- The javelin lies flat on the palm supported by the fingers
- Body facing sideways to throwing direction
- Hand higher than elbow, elbow higher than shoulder
- Elbow high, arm straight out the back to start with, palm facing up
- When throwing elbow bends (still high) and should be in front of face
- Arm extends and javelin is released
- Snap your hips for power

SAFETY

- Javelin is one of the most dangerous of all events
- Both head and tail are dangerous and hence it must be carried vertically
- The "all throw, all retrieve" rule must be in force
- Establish a safe routine
- Never run to collect a javelin
- There must be complete supervision at all times



THROWING SKILLS JAVELIN

Activities

Activity 1

UP AND OVER

AIM: Athletes perform a one handed throw over barrier

PROCEDURE: The target throw is carried out from a 5m area.

A high barrier is set at a height of about 2m, with the target area set out on the floor 2,5m beyond the barrier (See figure) this could be a hoop or pads.

A designated object (vortex, tennis ball or bean bag etc.) is thrown at the target over the barrier as the participant throws from a selected distance from the barrier.

Hitting the target area - or at least the edge of it - is considered to be successful attempt 2 points.

Correct throwing technique 3 points

If the object is thrown over the barrier but misses the target area, 1 point is scored.

MODIFICATION:

Change the distance that athletes are throwing from-closer or further away.

Lower the barrier if athletes are not getting the object over

Start with athletes throwing the object static, then modify by allowing athletes to do a run up before their throw



Activity 2

HIT IT

Two teams of athletes stand on lines 20m apart, with a basketball placed on the ground equidistant from both teams. Each team throws volleyballs at the basketball attempting to drive the basketball over their opponent's line. Allow one handed throws from above the head.

Accuracy Competition

AIM: One-armed throws for distance/precision

PROCEDURE:

Basketballs or equivalent are placed on a box top and must be knocked off by athletes throwing tennis balls or softballs. Throwing distance is appropriate to the age of the athletes.

All athletes throw the same direction

MODIFICATIONS:

Vary the distance of the targets from the throwing line.



THROWING SKILLS

Shot Put

AIM:

To achieve the longest put possible within the rules of the event.

When introducing shot, it is imperative that great care is taken to ensure that participants are safely arranged and spaced.

GRIP:

Shot rests on fingers and the base of the fingers - does not touch the palm.

Shot is lowered to under the chin and the chin pressed down on the shot.

Elbow is out at a 45 degree angle



STANCE:

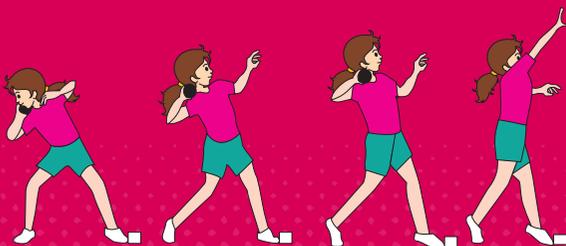
Look for a comfortable, balanced stance, with feet around shoulder width and the thrower in front of the thrower standing sideways to the direction of throw.

RELEASE:

Step the back leg back while the trunk is turned to face the rear of the circle. Elbow must be kept up.

Drive hard with the back leg to face the front and pushes out with the arm, holding the shot.

Keep eyes on the back of the circle and the left arm across the chest for as long as possible, allowing the torso to rotate and provide much of the momentum.

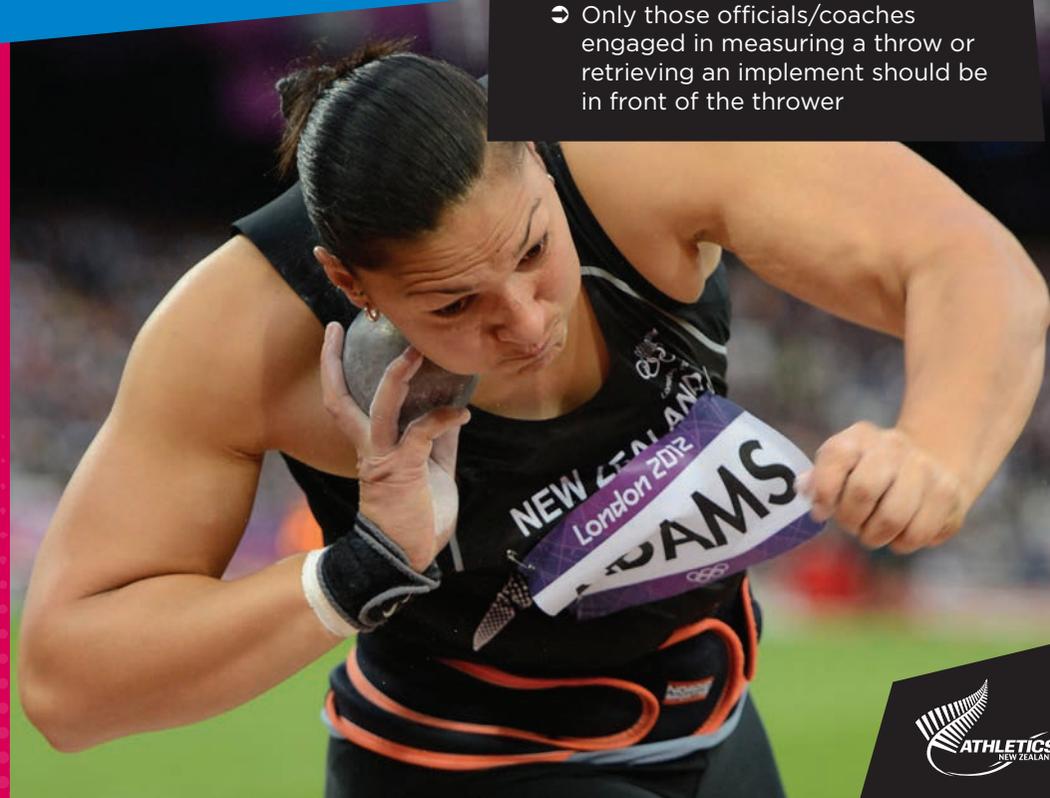


COACHING POINTS

- Allow enough time for athlete to become familiar with the grip
- Remember for the grip and placement "Clean palm, dirty neck"
- Gain a 'chin-knee-toe' vertical alignment in the power position
- Coordinate the correct timing of 'big muscles before small'
- Ensure elbow with shot is kept high
- 'Punch a hole in the sky' on release

SAFETY

- Allow space between throwers
- For all activities the following system should be used
- Throwers must throw from behind a line and only on a signal from the coach
- When everyone has thrown the coach then signals the group to retrieve their implements
- The implements are carried back to the throwing area they are never thrown back
- When shots are used there should be a clearly defined throwing area.
- When not throwing all athletes should remain behind and well clear of the throwing area
- Only those officials/coaches engaged in measuring a throw or retrieving an implement should be in front of the thrower



THROWING SKILLS SHOT PUT

Activities

Activity 1

THROW IT

PROCEDURE:

Two groups of equal size face each other. Each athlete has a bean bag.

On a signal, athletes throw their bean bags over a line in the direction of the opposite team. After a set period, bags are counted to see which side has the fewest balls.

Play for a set period, e.g. 30 seconds.

Encourage different strategies, e.g. Gatherers and throwers work together.

Athletes should 'throw fast and throw smart'!

The winning team is the one with the fewest bean bags.

MODIFICATIONS:

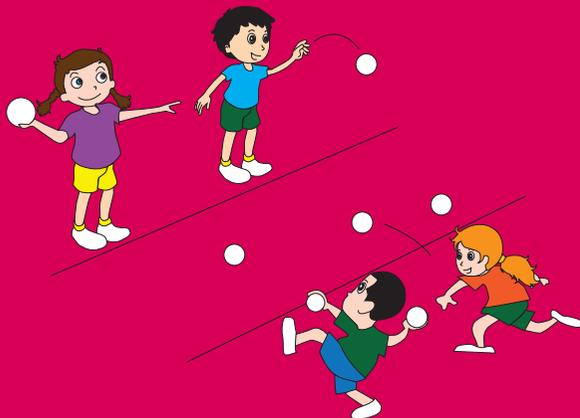
Athletes remain seated for the game

Look add points to teams for correct putting technique

SAFETY:

A 'no-go' zone ensures athletes are separated.

Athletes should not cross the 'no-go' zone until the game stops.



Activity 2

TARGET RANGE

AIM: Athletes perform push throws to reach a target on the ground.

PROCEDURE: Set out hoops about 20m apart around a field, with coloured spots or cones 5m away from each hoop.

Each hoop represents a target (like at a golf driving range) and the spots represent the T off.

Each athlete is given a bean bag. The athlete stands on a coloured spot and throws their bean bag towards the hoop- using a push throw.

The athlete then throws again from where the bean bag landed (if it didn't land in the hoop). They keep repeating this process until the bean bag lands in the hoop.

Once it lands into the hoop they move to the next spot and try to get the bean bag in another hoop. This is repeated until they have gone around all hoops.

To keep athletes engaged allocate each athlete to a different hoop so there is no waiting time.

Athletes keep score of how many throws it takes to get around all the hoops.

MODIFICATIONS:

Vary the distance between hoops and dots.

Focus outcomes on the technique of the throw (minus points for correct throwing technique)

Additional Game

Bulls Eye - Use hoops as targets for participants to aim for.

Aim is to get the shot to land in hoop. Add scoring points to make it a competition.



THROWING SKILLS

Hammer

AIM: To achieve maximum distance within the rules of the event.

GRIP:

Right handed throwers hold the handle with left hand and vice versa
 Handle is placed on the middle section of the fingers.
 Right hand covers the left hand.
 Grip is closed by crossing the thumbs or holding them parallel.
 Grip is strong but relaxed.



PREPARATION PHASE:

Use legs for acceleration.
 Keep back straight, arms extended.
 Sling over the left shoulder.



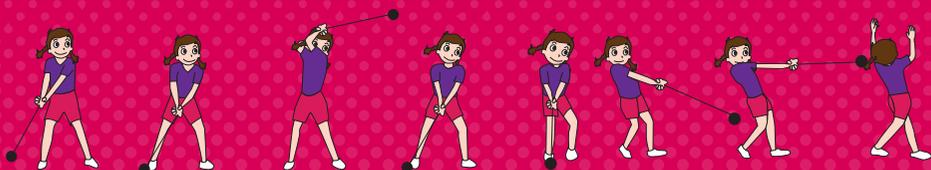
MOMENTUM BUILDING:

Introduce implement and grip.
 Stand with feet slightly more than shoulder-width apart.
 Swing hammer between the legs, to the right side then left.
 Swing several times without releasing.



DELIVERY PHASE:

After 2 swings throw the hammer over the left shoulder.
 Remain in fixed position after release, follow hammer flight with eyes.
 Legs are extended rapidly when the hammer reaches the low point of its orbit.
 Push off of the back foot/leg is active, turning the back hip to the front.
 Arms move upwards and to the left, in a whiplash movement.
 Hammer is released when the shoulder axis points in the direction of the throw.



COACHING POINTS

- The initial momentum is gained by swinging the hammer round the head
- The arms are straight at the front of the body
- The knees are flexed
- As the hammer rises, the legs extend
- There are 2-3 swings taken to set up an initial rhythm
- With the arms straight, there is a series of heel-toe runs used to move across the circle
- At the end of these turns the arms and back lift to release the hammer over the shoulder

SAFETY

- This is a potentially dangerous event and great care must be taken in coaching and when practising
- With right-handed throwers the most vulnerable area is to their right
- Whilst it is obviously safer if a throwing cage is used, this is an event which, with or without a cage, requires the STRICTEST SUPERVISION
- Always ensure that non throwers are positioned to the rear of the thrower, and are paying attention to the whole action



THROWING SKILLS SHOT PUT

Activities

Activity 1

OVER THE HEAD

AIM: Overhead throw for distance emphasizes not only the upwards thrust of the athlete's body, but also the backwards lean required in delivery of the hammer.

PROCEDURE:

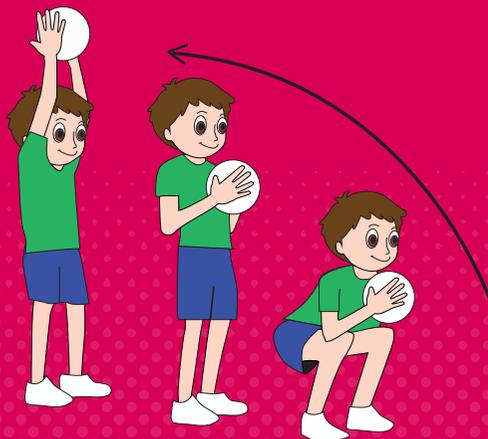
The participant stands with legs parallel, heels on the foul line and back to the direction of the throw. The medicine ball is held down at arms' length with both hands. The participant then squats down (to pre-tense the thigh muscles) and quickly extends the legs, then the arms in order to heave the medicine ball backward over the head for maximum distance into the throwing area. After the throw, the participant may overstep the foul line (i.e. step backward).

The measurement is taken at 90° (right angle) to the foul line and recorded in 20cm intervals (taking the higher figure when the medicine ball lands between intervals).

MODIFICATION:

Change the weight of the medicine ball or use basketballs for young ones

Set up a crossbar and see who can hurl the medicine ball the highest and farthest.



Activity 2

QUICK REACTIONS

AIM: Two handed overhead throw with catch emphasizes the pivoting action in the turn and in the delivery of the hammer.

PROCEDURE:

Athletes throw the medicine ball overhead against the wall and then quickly rotate to catch it on the rebound. When throwing the ball backwards make sure the athlete uses their legs and back as powerfully as possible to drive the ball backwards, lifting up high onto toes. As soon as the athlete throws the ball backwards against the wall, pivot on the balls of their feet for a rotation to catch the ball.

MODIFICATIONS:

Change the weight of the medicine ball or use basketballs for young ones
Vary the distance that the athlete can stand from the wall

Progressions

Large Balls

- ➔ Overhead Throw
- ➔ Over Opposite shoulder

Practice Hammers

- ➔ Swing over opposite shoulder
- ➔ "Make a window"
- ➔ 2 swings
- ➔ Release over opposite shoulder

