

Track and Field

Throwing Introduction

Coach Ericson

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Safety!!!

- Top Priority is safety
 - One person in the throwing cage at a time
 - If you are shagging shots or discs you are ALWAYS paying attention.
 - Roll items back to people who are paying attention
 - Do not practice throw near people
 - Report unsafe members of the team!!

Shot Put

- Form is more important than strength
- Practice at home using a tennis ball
- Watch your elbow- easiest way to get to hurt
- Lean forward!
- Walk in and out of the circle from the back
- Different types of throwing
- Power, shuffle, glide
 - Always start with power then work your way up

Shot Put Videos

How to: <https://www.youtube.com/watch?v=PTxoFSqIrfI>

How to Glide: <https://www.youtube.com/watch?v=uBRokcOIA60>

Olympics: <https://www.youtube.com/watch?v=yvw8WtSKmZw>

Discus

- Form, form, form, form
- Practice at home using a Frisbee
- Make it more official by cutting the sides
- Thumb position is the most important part
- Walk in and out of the circle from the back
- Different types of throwing
 - Power, Spin, Half Spin

Discus videos

How to: <https://www.youtube.com/watch?v=jVk4VoWeVEA>

How to: <https://www.youtube.com/watch?v=3GjhBvcgO6w>

How to: <https://www.youtube.com/watch?v=3HDUOkiQqvw>

4 Step throwing: <https://www.youtube.com/watch?v=NgR7ZUDMS7M>

Top Olympian (not USA):

<https://www.youtube.com/watch?v=6qfwfmyVymg>