Thoughts and Concepts for Athletes in Multiple Throwing Events

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My thoughts are just that…

- I hope to spark ideas and conversation.
- Staying conceptual, but happy to share examples of what I do.
Topics to Cover

• Expectations and Factors in Training
  Multiple Events
• Training Design Considerations
• Real World Examples from The Desert
WHY DO MULTIPLE EVENTS?
WHY?

- WHY DO MULTIPLE EVENTS?
  - It’s easy, just do two events per day!
  - That’s what most athletes are used to out of high school.
  - “The kid is on scholarship, we need return on our money.”
WHY DO MULTIPLE EVENTS?

- Cross-training
  - Balance
  - Specific Strength
  - Mental/Technical Distraction
- Could lead to success in another event
- Could align with goals for NCAA/Conference placing
  - Points, All-American Awards, Championships
COACH AND ATHLETE EXPECTATIONS
EXPECTATIONS

• WHAT IS THE INTENT?
  • Points? (NCAA, Conference…)
    • At what cost? (Elite vs. Developmental)
  • Provide Stimulus?
    • Specific strength, cross-train, mental break
  • Experiment?
    • This kid could be a solid….
    • Hammer/Weight most common.
• **SET THE FRAMEWORK**

• What Events?
  - What does my boss expect?
  - What is the big picture goal?
  - Do point goals line up with long term goals for athlete?

• Timeline
  - Related to Primary event/Points… can differ

• Possible vs. Legitimate
  - Don’t force it.
EVENT COACH

• FOUNDATION TO EVERYTHING

• Communicate!
  • Often, with athlete.
  • Evaluate progress
    • Don’t be short sighted.

• Do what is best for the athlete!
  • This is different for every athlete
  • Evaluate what you have, and pick your path..
ATHLETE

• WHO ARE YOU WORKING WITH?
  • Future Olympian
  • All-American
  • Conference Scorer
ATHLETE

• Can they handle the time and workload, overall?
  • Academically, emotionally, physically…
  • Do they do the little things outside of training?
  • Can they process the information?
  • Do the wheels fall off at some point?
• **ELITE-LEVEL ATHLETES**
  
  • Don’t wreck Dad’s sports car
    
    • As long as what we are doing doesn’t take away from event #1.
  
  • See the BIG picture
    
    • Don’t get caught up in “points”…
    
    • Talent will get you by, in the meantime.
    
    • Have goals broken down, and expanded out.
DEVELOPMENTAL ATHLETES

What can this athlete do?

- Primary Event may not be obvious
  - Above average in all events
- Multiple Events may be their most successful option
  - Three 3rd places score better than one 1st

Stay general and basic early

- Don’t give too much too soon.
- Find commonalities in drills and movements
FEEDBACK

• COMMUNICATE
  • Daily, Weekly
  • 2-way feedback
    • What, Why, How, When…
  • Be realistic, which means being more patient than you like.
  • Don’t lose sight of long-term goal
    • Evaluate in context
TRAINING DESIGN

• WHAT WORKS, IN REALITY?
  • Make decisions based on primary event.
    • If secondary events take away from primary, rethink methods/time spent on other events.
  • How much secondary event work is needed?
    • Physically
    • Technically
    • Mentally
TRAINING DESIGN

• DON’T DO IT ALL IN ONE SEASON
  • Set limits to live within
    • Time, reps etc…
    • Easy to do too much
  • Take human factor into account
    • Especially a Student-Athlete
  • Paper plans always look great, until…
    • Be flexible, and keep the big picture in mind
    • Is what I’m doing working? How?/Why/Why not?
TRAINING DESIGN

• AUXILIARY WORK/CONDITIONING
  • Often, the secondary events will cover these needs.
    • Hurdle mobility, abs, running, MB Circuits for 3-event athletes.
  • Use them sparingly, and lower volume.
    • Seasoning, not a side dish.
    • Address specific issues, and think quality
    • Keep balance and volume in mind
      • Movements of the throws (SP/DT, vs SP/HT)
TRAINING DESIGN

- WEIGHT ROOM
  - Simple and with a purpose for each individual athlete
    - Get it done, and get out!
  - Big movements are emphasized
    - Auxiliaries are to balance out and specific to each athlete and event group
  - Plyometrics are done in conjunction with lift
    - Intensity is relatively low and high quality
TRAINING DESIGN

• SCHEDULE
  • Daily, Weekly, Monthly, Annually…
    • Emphasis can shift with time of year (SP/DT/HT)
  • Are you teaching a new event, or continuing?
    • New technical model (spin/glide)
  • Red-shirt?
    • Narrow focus on one event, in hopes of multiple events in future.
    • Keep focus broad and simple to establish base
EXAMPLES FROM THE DESERT
• 227’ Discus Thrower (HS)
• 65’ Shot-putter (HS)
• 6-6, 250lbs
• Weight Room Experience
  • Just threw a lot, and lifted minimally
• Excellent Background in Discus
  • Father and Club Coach
  • Secondary events CANNOT reduce discus.
• **First Event--- No Brainer.**

• **Secondary events CANNOT reduce discus.**
  - Struggles to separate the discus/shot movements
  - Hammer and Weight are for “fun” only….right now.

• **Big discus, so you switch glide to spin!**
  - Not yet, if ever
  - Keep rotational movements in drill progression to glide
  - Maybe down the road, if appropriate
• Inconsistent in Shot-put in high school
  • Lack of interest
• Is Shot-put valuable to us?
  • Specific Strength Work
  • Left Leg Cue
  • Continue to work rotational drills
• LONG TERM
  • Thinking years 3-5, not year 1
• Running and mobility are big in his training
  • From high school
• VERY good with recovery and prep work
  • Stretching, warming up
  • Training room needs
  • Rest
  • Nutrition
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• 76’ 11” SP (HS), 68’ 4” (16#)
• 208’ DT (HS)
• 82’ WT (HS)
• 238’ HT (HS)
• 6-1/260#
• Extremely powerful
  • Great physical development
• **WELCOME TO THE PERFECT STORM!**
  
  • High training age
  
  • Strong technical model in Shot
    - Small tweaks, with improvements in periodization and training model
  
  • Discus and Hammer have always been a much lower priority
    - Easier technical gains, at first…
    - A lot of work to be done, despite marks
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Prime example of Dad’s Sports Car

• My job is to be smart and monitor reaction
  • Rest is programmed in, to assure it is taken
    • He will overwork, if allowed
    • He will also follow recovery and rest protocol WELL
  • Massive communication on a daily basis

• Easy to get greedy
  • Extremely strong and explosive
  • Keep focus to throwing and limit reps outside of what is absolutely necessary.
• RS-Jr.
• 51’ Shot put (HS)
• 181’ Discus Throw (HS)
• 206’ Hammer Throw (College)
• 171’ Discus (College)
• 6’2”/240#
• Extremely wired and powerful athlete
• Hammer is, by far, #1
• Discus is for eventual PAC-12 Points
• Attempted Weight Throw for 2 seasons, had a negative correlation to hammer
  • Again, don’t mess with #1
• Weekly plan is organized for a few things:
  • Match up with a good training partner
  • Align discus away from upper body lifts (injury)
  • Running is on lifting days, to allow for recovery
    • Computer Eng major, high stress outside of track
    • Nervous system fries if not allowed breaks on non-lift days.
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• RS-Jr
• 61’ Shot put (College)
• 191’ Discus (College)
• 185’ Hammer (College)
• International thrower
  • High training age
• Accustomed to very high throwing volume
• Lifting is kept very simple, and linear
  • To limit variability for throwing
  • To “predict” peak condition
  • Abs and plyos are written into lifting, to assure we have oversight
• To him, discus is absolute priority
  • Despite success in Shot
• Training, outside of throwing is minimal
  • Will work himself to death in circle
  • Less than ideal in recovery on his own
    • Intense major— a lot of off time sitting and stressing
  • Knees, groin are issues from 10+ years of hard training
  • Reaction to lifting (in his mind) will yield the distance
    • Although technique is a big priority daily
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I’ve had 4-event athletes

- SP/DT/HT/JT
- Find your priority, and work down from there
- Keep fitness and overall athleticism #1
WHAT DOES THIS ALL MEAN?

- This is a mixed bag
- I am not from a “system”
  - Everything is individual
  - Everything is trial/error at times
  - Everything is based on experience and communication
WHAT DOES THIS ALL MEAN?

• Stick to what is NEEDED
• Always look to what could be removed, as well as added
• Be flexible
• Be patient
WHAT DOES THIS ALL MEAN?

- *Nothing* can be at the expense of the primary event/Overall Goals!
- *Keep It Simple*
  - Nothing secret. Do basic things well, over a long period of time. Talent will take over.
- *Know your Intent*
- *Keep Feedback in Context*
Thank you for your time!

- Questions, thoughts?
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