

COUNCIL GROVE TRACK & FIELD

FASTER. HIGHER. FARTHER.

THROWERS' PRACTICE ROUTINES

You need to learn these thrower's routines. You will use them every day. We will change the number of repetitions some times. We will also do a shortened version of this as your pre-competition workout. These routines have built 4 State Champions and 7 State Placers. They are based on quality repetitions every day.

SHOT PRACTICE ROUTINE		DISCUS PRACTICE ROUTINE		JAVELIN PRACTICE ROUTINE	
10	A Throws	10	Flat Throws	20	Ground Stabs
5	Miller Drills	5	Miller Drills	10	Short Flat Throws
5	B Throws	5	Disco/Dorothy Throws	5	1 Step Throws
5	C Throws	5	Pivot Throws	5	2 Step Throws
5	Back Half Glide	5	S.Africa/Karate Kid Throws	5	5 Step Throws
5	Short Glide Throws	10	Full Speed Spins No Throw	4 x 20 yds	Run w/ Jav
5	No Arm Throws	5	Full Spin Throws	4 x 20 yds	Crossover Run
10	Ft. Switch & Follow-Thru	10	Ft. Switch and Follow-Thru	4 x 3 reps	Run away from Jav
5	Full Throws			5	Full Throws

THROWERS' PRE-COMPETITION ROUTINES

SHOT ROUTINE		DISCUS ROUTINE		JAVELIN ROUTINE	
3	B Throws	3	Flat Throws	10	Ground Stabs
3	Short Glide Throws	2	Disco/Dorothy Throws	3	Short Flat Standing Throws
3	Full Throws	2	South African Throws	2	3 Step Throws
1	Sprint before each throw	2	Full Throws	2	5 Step Throws
		1	Sprint before each throw	1	Full Throw

COUNCIL GROVE TRACK & FIELD

FASTER. HIGHER. FARTHER.

10 Minute Toughness Daily Workout

1. Centering Breath- Breathe In for 6 seconds, Hold for 2 seconds, and Breathe out for 7 seconds.
2. Performance Statement- Repeat to yourself the statement that most effectively focuses you on what it takes for you to be successful in competition.
3. Personal Highlight Reel- Spend three minutes visualizing what it looks like to be successful. The personal highlight reel is your own “SportCenter” highlight sequence, in which you get to watch yourself competing at your peak and living your dreams. The three sixty second portions of your personal highlight reel are:
 - a. Replaying past success
 - b. Imagining success in an upcoming elevated pressure competition
 - c. Watching the next event in which you will compete

See yourself focusing on your performance statement as you go through your personal highlight reel. Focus the third camera angle- As if your eyes are the camera lens. Pay attention to how you want to feel physically and emotionally during warm-ups and competitions. Spend a little time imagining the result you want.

4. Identity Statement- Repeat to yourself your identity statement to mold your self-image. If you think you can, then you have a much better chance of doing it. Believe in yourself.
5. Centering Breath- Breathe In for 6 seconds, Hold for 2 seconds, and Breathe out for 7 seconds.

COUNCIL GROVE TRACK & FIELD

FASTER. HIGHER. FARTHER.

EVENT PREPARATION TECHNIQUE

LOCK & LOAD

Practice like it's competition.

Compete like it's practice.

LOCK- 20 min before event

Block out all distractions

Find your focus

Feel your confidence swell

NO ONE WILL BEAT YOU!

Perform your routine warm-up

Review your strengths

10 nose breaths with "My Best"

LOAD- 2 min before event and in between attempts

Visualize your best performance

See your best right here right now

Find your correct mindset and feel

YOU'RE GONNA DO IT- YOU DON'T GOTTA DO IT.

No decisions...No mistakes

One Mental Rep

Walk through perfect technique

1 Centering Breath- Breathe in 7 Seconds- Hold it 2 Seconds- Breathe out 6 Seconds

COUNCIL GROVE TRACK & FIELD
FASTER. HIGHER. FARTHER.