

Building a Program through Motivation and Organization

Major Emphasis: Throws

(Can be used in all areas of track and field/cross country)

I. Motivation

A. How did this all begin?

1. High school Coach: his quote in my yearbook

B. Relationship to the athlete(s)

1. Interest in all their activities

2. Understanding the age level (elementary, middle school, high school, collegiate, club)

3. Goal Setting: 3 goals **BE REALISTIC!!**

a. Early Season (first two meets)

b. Mid-Season (mid-season)

c. End of Season (Peak Time) I emphasize that the coach and athlete work together to achieve this one.

4. Charts

a. Example: Southwestern Heights (3A), "The 60 Second Club"

5. Importance of beginners through varsity level

a. "Bread and butter" for tomorrow

b. We don't know how much they will physically mature.

Examples: Tiffany and Scott

6. Male/Female

II. Practice Organization

A. How many athletes? How many staff members?

B. Large group/small group

1. Rural

2. In town/city

3. Driver's license

4. Ability grouping

C. Early Season/Weather

1. Using indoor facilities

D. Use of facilities

1. Hallways
2. Parking lot
3. Stairs
4. Curbs
5. Sidewalks
 - a. Casper, Wyoming Coach Godina,
6. Lines
7. Inclined surfaces
8. Linear movements and rotational movements
9. Design of facilities and safety

E. Weight Lifting

1. When?
2. Bigger, Faster, Stronger by Dr. Greg Shepard
3. Staff availability and time
4. Leg extensions and hamstring curls

F. Equipment

1. Take out and put away-establish a routine on the first day
 - a. Cost of equipment
2. Meet
 - a. Day before
 - b. Who is responsible?
 - c. After the last person is done
 - d. Return all equipment to school
 - e. Remind athletes about the cost of implements
 - f. Support the team (among thrower group, runners, other field events, 4 x 400 relay)

Example: Doane College

3. Statistics

- a. Know their best throw, school records, class records, etc
- b. Notifying you of their event marks

III, Books, Videos/DVDs, Programs, Coaches, Organizations, etc

A. Books

Bigger, Faster, Stronger by Dr. Greg Shepard

High-Powered Plyometrics by James C. Radcliffe and Robert C. Farentinos

Strenght Training for Track & Field by John Cissik, M.S., C.S.C.S

Stretching by Bob Anderson

Track and Field Coaching Manual, formulated by The Athletic Congress Olympic Development Committee, edited by Vern Gambetta

Track and Field Omnibook by Ken Doherty

The Throws Manual by George D. Dunn, Jr. and Kevin McGill

The Throws, edited by Jess Jarver

USA Track & Field Coaching Manual, by USA Track & Field, Joseph L. Rogers, Project Coordinator

Manual of Structural Kinesiology by R. T. Floyd

Track Construction Manual, published by National Federation of State High School Associations and U.S. Tennis Court & Track Builders Association

The Teaching Progressions of the Shot Put, Discus, and Javelin by Tony Naclerio

The Dynamics of the Javelin Throw by Dr. Robert F. Sing

Big Gold Book, editors of Track & Field News

B. Videos and DVDs

1. My Recommendation: Google on youtube

“Come to Track & Field Medicine Ball Practice” by Rob Lasorsa, USATF Shot Put Coach

“Come to ‘Glide’ Shot Put Practice” by Rob Lasorsa,

“Hammer Throwing with Iouri Sedykh” , A Clinic in San Jose California

Any thing you can find on Al Feuerbach about the glide in the Shot Put

“National Throws Coaches Association Complete Throws Reference Guide” (423 min) by Coaches Choice

Chapter 1: Shot Put Teaching Progressions (Rob Lasorsa)

Chapter 2: Biomechanics of the Rotational Shot Put (Mike Young)

Chapter 3: Discus Teaching Progressions (Rob Lasorsa)

Chapter 4: Advanced Discus Technique (Knut Hjetnes)

Chapter 5: Basics of Javelin Throwing (Tom Pukstys)

Chapter 6: Hammer Toss Skills and Drills (Jud Logan)

Chapter 7: Strength and Power: Weight Training for the Dynamic Athlete (Jud Logan)

C. Programs

Look for high school or collegiate programs that are excelling in your specific area

D. Associations

National Throwers Association

Track and Field News