

## Recruitment and Development of young throwers Tony Green

Play the Long Game  
Dual Affect of Positive Training  
Self Esteem/Confidence

## Goals for today

- Introduction (what works for me 35 years)
- Philosophy (reason for success)
- History with athletics (bring your history)
- Accomplishments (team)
- Accomplishments (individual)
- Drills and Techniques (creating an athlete)
- What works for you (treating athletes as individuals)
- Training and sequence videos

## Coaching Philosophy (Michelle Jones story)

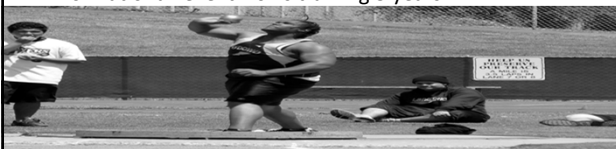
- We are servants of the next generation
- Teach proper core values (fundamentals)
- Bring your passion and history!
- Anyone can succeed!
- Train hard, win easy
- Work simple to complex (body weight first)
- Work from the ground up
- Develop training tolerance gradually (mental and physical)

## Major Influences (Growth)

- Dad- Military
- Mom-Educator
- Omega Boys Club
- Solano Track Club
- GVRD
- San Jose State-(Speed City)
- Santa Clara University
- Mike Wilson
- (Football) Jack Elway, Dom Capers, Dennis Erickson, Bill Walsh, Pat Malley, Curtis Taylor
- (Track) Bud Winter, Ernie Bullard, Don Riggs, Larry Livers, "Slick" Rick Milam
- Don Chu (plyometrics)

## What have I seen?

- Most high school National Records and Record Holders
- Bruce Jenner daily training in lead up to World Record
- Two Big Men in the Mountain Meet
- Officiated Bruce Jenner Invitational(super shot put)
- Worked with Mac Wilkins, Jay Sylvester, Mike Louisiana and Stephanie Brown in High Level training clinic For national level throws training 3 years



## Who is Tony Green? (Assessment)

### Private

- Son
- Husband
- Father
- Grandfather

### Public

- Teacher
- Coach
- Mentor
- Activist



### Coaching Accomplishments

**Team**

- 25 league Championships
- 8 North Coast Section Titles
- Top 3 in State 5 times
- 2 National Dual Meet team titles (School Marks)

**Individuals Coached**

- Coached over 200 Section Medalists
- Coached over 100 State Medalists
- Coached 5 National Champions
- Coached 9 Super Bowl Champions
- Coached numerous All Americans



### Coaching Accomplishments

**Individual**

- Rhodes Foundation Teacher of the Year
- National Geographic Teacher of the Month
- League Coach of the Year
- NCS Coach of the Year
- Northern California Coach of the Year
- State Coach of the Year

**Cont**

- National Federation Coach of the Year
- 2 time NFL Coach of the Year Nominee



### Walking Drills

**Primary Assessment**

- Toe Up, Knee Up, Head Up, Chin Up!
- Walking Frankenstein's
- Walking Cariochicas

**Everyday Drills**

- Knee Tucks
- Perpendicular Position, Core Strength, Dorseflection, Level Chin
- Proper ankeling and application of force



### Skipping Drills

**UP Tempo**

- A Drills
- B Drills
- C Drills
- D Drills
- Combination Drills
- Jumprope

**Force Application**

- Toe Up (dorsiflection)
- Knee higher than hip for max force
- Arms straight out from shoulders



### Hurdle Drills

**Walking Drills**

- Front Walkovers (discus)
- Side Walkovers (discus)
- Over and Unders

**Movement Drills**

- Side Stiff leg
- Middle Lifts
- Middle Bounce
- Cycle Drills
- Spins



### Speed Drills

**Force x Distance**

- A,B,C Drills
- Skipping Frankenstein's
- Bounding
- Frequency Drills
- Frequency x Distance drills

**Movement through full range of motion**

- Perfection of movement
- Coach "Power Chain" ankle, knee, shoulder
- "Force Application from ground up
- Reaction



### Hurdle Drills

**Core, Balance, Flexibility**

- Walkovers
- Skip overs
- Bound overs
- Under overs
- Spin overs
- Sprint overs



### Foot Ladder

**Un weighted**

- Sizzers
- In in out (side)
- In in out out (side)
- Both in and out (facing)
- Hip turns forward
- Hip Turns backward

**weighted**

- Hip turns (forward)
- Hip turns backward



### Sprint Drills

**Toe, Knee, hip, chin up**

- Stride frequency
- Stride length
- Cycling
- 3 point starts
- 4 point starts



### Force application Drills

- Ankle flips
- Box bounding
- Chair drills
- Depth bounding
- Alternate leg bounding
- Hurdle hops

### Weighted drills

- Lunges
- 360 turns
- Half circles
- South Africans
- Hip turns
- Hypers and reverse hypers

### Cool down drills

- Repeat walking drills
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