

## Three Simple Cues for Great Rotational Throwing

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### Broad Overview

- Start from the Front
  - Work to the Back
  - Then, **STAY IN THE BACK!**
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- Balance, Torque, Block

### Balance – Stand Throw



- Foot Alignment – Toe to Heel
- Shoulders Parallel To the Ground
- Chest Up

### Balance – Full Throw

#### Starting Position



- Shoulders
- Body
- Weight Distribution
- Set Up Wide / low Sweep

### Balance

#### Understanding the Back



- 1) Sets Up Sprint
- 2) Sets Up Torque
- 3) Sets Up Finish

**YOU MUST POSITION YOUR WHOLE BODY TO ONE SIDE OF THE CENTERLINE!**

### Balance



### Torque

- Disassociation between the shoulders and hips.
- There are A LOT of nuances to generating torque.
- STRETCH REFLEX

### Block



### Full Throw

