

“PUTTING SOMETHING ON IT”

Teaching your athlete how to be “AGGRESSIVELY PATIENT”

TEACHING THE CHAIN OF POWER DEVELOPMENT

- Where does the power development derive from?
 Everything comes from the ground!
- Ball of the foot → ankle → knee → CORE → OUT THRU THE LEVER

LEARNING WHAT THE “CORE” IS

Core connections

The core refers to any muscle that attaches to the spinal column or the pelvis, which means that back pain can come from an imbalance or injury to any of these muscle groups.



HOW TO ACTIVATE THE CORE

- First off... How do you flex the core?
 Give your athletes homework!!
- Warm-up Procedures for Core Activation
 - Dynamic warm-up
 - Performance band work
 - Series of ballistic stretching
 - Swiss ball exercises

SPECIFIC CORE ACTIVATION TOOLS

- Level 1: Beginner
 - Performance mini bands (resistance levels 1&2)
 - Superband (resistance level 1)
 - PVC Pipe
 - Swiss ball or light medballs
 - Girls - 2lb, 4lb, 6lb
 - Boys - 6lb, 8lb, 10lb
- Level 2: Advanced
 - Performance mini bands (resistance levels 3&4)
 - Superbands (resistance levels 1-3)
 - Bowling Pins/medballs
 - Girls - 6lbs, 8lbs, 10lbs
 - Boys - 12lb, 14lb, 16lb
 - Weighted PVC Pipe
 - Ankle/wrist and glove weights

SPECIFIC CORE ACTIVATING TOOLS, CONT.

- Level 3: Master
 - Superbands (resistance levels 4-12)
 - Kettlebells, Puds, medballs w/ handles or rope
 - Ankle/wrist and glove weights
 - Water filled PVC Pipe
 - Weightlifting bars (25lbs-45lbs)

WHAT TYPE OF ATHLETE ARE YOU TRAINING? Fists of Fury vs. Trash Can Punter

- Description of a Fists of Fury Athlete
 - Tension/Anger/Frustration lies in the fists and upper body muscles.
- Description of a Trash Can Punter
 - Tension/Anger/Frustration lies in the legs generally resulting in the kicking temper tantrum and lower body muscles.

Strategic Motivation: Where is the power going?

Fists of Fury

- ANGER: tightens the athletes upper body inducing a forced movement.
 - Line drive or dying duck
 - Pinky release
 - Rushing the block side
- Coaching Cue:
 - Relax
 - Happy place
 - Think positions, not aggression (75%)

Trash Can Punter

- ANGER: tightens the athletes lower body inducing a ground power element.
 - Generally speaking a personal best, tight flight, good lift
 - Possibly a huge throw to right sector
- Coaching Cue
 - Be aggressive
 - Get pissed off
 - Give me everything

GENERAL COACHING STRATEGIES

- KNOW YOUR ATHLETE
 - Fists of Fury vs Trash Can Punter
- KNOW BODY LANGUAGE
 - What kind of day are they having in general?
- KNOW EMOTIONAL TRIGGERS
 - Anger/Frustration/Excitement/Mellow
- KNOW THEIR MOTIVATION
 - Social/Personal/Parental/Financial
- 5 MINUTE CONVERSATIONS

QUESTIONS OR COMMENTS?

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