

## ***Learning to Throw Far - The View From Outside the Circle*** ***By Duncan Atwood, Pocket Videos, LLC***

1. Throwing is a skill. Skill learning has Best Practices. The Talent Code.  
How I Improved 138' in 6 months.



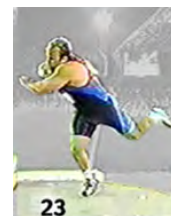
2. The Towel as a Coach - The Rule of Small Increments. Al Oerter



3. High Speed, Far Throws are Different from Low Speed, Short Throws.  
Implications? Light Implements - Ryan Crouser, Tom Pukstys



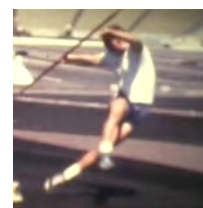
4. Invent to Improve. Small inventions are easier than big ones. Mac Wilkins Laut throwing sessions, special bench press.



5. Hanging with the Biggies - Willing to be different - The Courage to Discover - Adam Nelson, Breau Greer, Dick Fosbury



6. Affirming/disproving the Conventional Wisdom for the Individual - What actually works? Find Your Way - Juha Laukannen



7. Rhythm and Timing - Tough to teach. Learn by Watching Training Partners.  
Watching the Good Guys Through the Fence. Fred Luke, Cary Feldmann



8. Efficiency Matters - Make it Look Easy. The Physics of Smoothness.  
Jonathan Livingston Seagull, Bicycling, Knut Hjeltnes



9. Don't Throw it With Just Your Arm - Al Feuerbach Regaining Form

10. How Important is Throwing? Curious to Driven. Is Attitude Really Everything? Driving back from the Trials, Shot gals at Ironwood, Goals

