

Building a Fun Exciting and Successful Throws Program: From the weight room grind to
lawn chair feasts

- I. Introduction
 1. Background
 - a. Teaching experience
 - b. Coaching experience
 - c. Athletic experience
 2. LHS Track & Field
 - a. Where we are, where we are heading
- II. Philosophy
 1. "Work hard, play hard" mentality
 2. Individual progress over team points
 3. Buy in
 4. Connect with your kids
 - a. Building men & women of character (BMWOC)
 - i) Ideas
 5. Have fun
- III. Preseason/Organization
 1. January meeting
 2. Captain(s)
 - a. Should be the best fit with your philosophy
 - b. Lead by example
 - c. Excellent communicators/relationships
 3. Communication
 - a. School platform
 - b. Texting apps
 - i) Establish groups
 - ii) Have common sense- be smart
 4. Preseason practices
 - a. Establish expectations
 - i) Non-mandatory/highly encouraged
 - ii) Still track attendance
 - b. Avoid implements (dead period)
 - i) Cones, medicine balls, softballs, footwork drills
 - c. Intro everything
 - ii) Significance of light, high frequency lifting in preseason
 5. Expectations
 - a. Attendance
 - i) Logging attendance
 - b. Work ethic
 - c. Attitude
 - d. Consequences (Eradicate the parasites)

- i) Late- OTI (Opportunity to Improve)
- ii) Miss- scratch from next meet
- iii) Work ethic/attitude/drama- handled by captains

IV. Practice Planning

1. 5 day practice schedule
 - a. M/W/F lift (M/W throw after)
 - b. T/Th field day/plyos (Throw after)
2. Workouts
 - a. Have a purpose for every exercise (Don't do something just to do it)
 - b. Have a structured plan that changes every few weeks
 - i) Preseason, Season, Pre-League, Max, Maintain
 - c. Upper Body
 - i) See attachment
 - d. Lower Body
 - i) See attachment
 - e. Plyometrics
 - i) See attachment
 - f. Drills
 - i) See attachment
3. Throws
 - a. Make the most use of your time (especially larger teams)
 - b. Avoiding wear and tear
 - i) Have a warm up routine- in and outside of the ring (practice and meets)
 - ii) Be mindful of each kid's limitations, newer throwers need a lot less time throwing than experienced throwers
 - iii) On a typical practice, not letting kids throw as hard as they can, except on perhaps their last 1 or 2 throws of the day

V. Meets

1. "Play hard"
 - a. Create a list of who's bringing what (particularly invitationals only): Pop ups, camping chairs, ice chests, tables, potluck style sign up for food/drinks, a speaker, extra blankets/pillows, group games/activities, etc.
2. Entries
 - a. Spread the wealth
 - b. Only enter those who have not missed
3. Progression
 - a. Tracking
 - b. Recognize & celebrate individual advancements
 - c. Incentives & rewards
 - i) 1984 Project
 - ii) Jamba Juice or Starbucks for individual milestones
4. Postseason
 - a. Practice adjustments

VI. Conclusion

1. Follow up
2. Recruitment
 - a. High return rates
 - i) Returners are a reflection of your program
 - b. Connect with other Fall/Winter sport teams
 - c. Encourage P2P recruitment
 - i) Seek out underclassmen, but take anyone
3. Off season preparation
 - a. Camps
 - b. Workouts

Plyometrics for Throwers

- | | | |
|---|---------|----------------------------|
| 1. Body Squats | | 3 sets 15 reps |
| 2. 90 Degree Jump Squat Twist | A: | 3 sets 30 sec, 60 sec rest |
| | B: | 3 sets 40 sec, 50 sec rest |
| 3. Jumping Knee Down-Up | A: | 3 sets 30 sec, 60 sec rest |
| | B: | 3 sets 40 sec, 50 sec rest |
| 4. Running Lunge | A: | 3 sets 30 sec, 60 sec rest |
| | B: | 3 sets 40 sec, 50 sec rest |
| 5. 2 Legged Front Jumps (Quick) | | 3 sets, there & back |
| 6. 2 Legged Front Jumps (Power) | | 3 sets, there & back |
| 7. 1 Legged Front Jumps (Quick) | | 3 sets, there & back |
| 8. Ice Skater | A: | 3 sets 30 sec, 60 sec rest |
| | B: | 3 sets 40 sec, 50 sec rest |
| 9. Alternate Leg Diagonal Bound (Straddle Line) | | 3 sets, there & back |
| 10. Suicides | 5>10>15 | 5 sets, 20 sec rest |

Offseason Thrower's Workout

Plyometric Workout (No weight room required)

Single-Legged Bounding: 3 sets on each leg, 20 yards each

- Quick; pump arms and drive with off leg

Double-Legged Bounding: 4 sets, 20 yards each

- Quick; pumping arms extremely important

Lunge-Jumps: 3 sets of 20 alternating jumps (10 on each leg)

- Quick/Steady; "walk a line" when lunging to help alternate

Explosive Jumps (For distance): 4 sets of 6 jumps

- Slow/Steady; Reset after each jump, gather full power, hips first

Jump Rope: 3 sets of 1 minute

2019 Athletic.net SuperClinic - Andre Berg
Summer Workout Plan

Workouts will take approximately 45 minutes to an hour. These are broken down by day, meaning after 3 days you should have hit each major muscle group. First 4 weeks, take 1 rest day after every 3rd workout day. Afterward, take 1 rest day after every 6th workout day. The muscle groups are all separated so that you will get enough rest between days.

Chest/Triceps- Day 1

Flat Bench	3x8
Incline Bench	3x8
Tricep Extensions	3x12
Incline Dumbbell Flys	3x8
Overhead Triceps	3x12
Incline Push Ups	3 sets burn out

Back/Biceps- Day 2

Lat Pulldown	3x8
Seated Cable Rows	3x8
Barbell Curls	3x12
Behind-Neck Lat Pulls	3x8
Dumbbell Hammer Curls	3x12
Cable Curls	3 sets burn out

Legs/Shoulders- Day 3

Back Squats	3x8
Leg Press	3x8
Lunges	3x8
Dumbbell Shoulder Press	3x8
Dumbbell Shoulder Fly	3x8
Dumbbell Shrugs	3 sets burn out

Chest/Triceps- Day 4

Flat Bench	3x8
Decline Bench	3x8
Skull Crushers	3x12
Decline Dumbbell Flys	3x8
Single Arm Overhead Triceps	3x12
Dips	3 sets burn out

Back/Biceps- Day 5

Close-Reverse Grip Lat Pull Downs	3x8
Dumbbell Rows	3x8
Preacher Curls	3x12
Standing Lat Pull Down	3x8
Seated Incline Curls	3x12
Pull Ups	3 sets burn out

Legs/Shoulders- Day 6

Back Squats	3x8
Front Squats	3x8
Leg Extension	3x12
Leg Curls	3x12
Deadlift w/shrug	3x8
Power Clean	3x5

Throwers Workout (Max Day)

Very important that ALL maxes be witnessed by Coach Berg. If I don't see it, it doesn't count

Bench/Squat Day

- Bench Warm up
 - 3 sets of 75% maximum Push Ups
 - 1 set of 10 reps Very Light
- Bench
 - 5 Light-Medium (1 min rest)
 - 3 Medium-Heavy (1 min rest)
 - 2 Heavy (2 min rest)
 - 1 Very Heavy (3 min rest, get Coach Berg to watch)
 - Repeat, add 5 to 10 pounds thereafter
- Back Squat Warm up
 - 3 sets of 15 Body Squats
 - 1 set of 10 reps Very Light
- Back Squat
 - 5 Light-Medium (1 min rest)
 - 3 Medium-Heavy (1 min rest)
 - 2 Heavy (2 min rest)
 - 1 Very Heavy (3 min rest, get Coach Berg to watch)
 - Repeat, add 10 to 20 pounds thereafter

Deadlift/Power Clean Day

- Deadlift Warm up
 - 1 set of 10 reps Very Light
- Deadlift
 - 5 Light-Medium (1 min rest)
 - 3 Medium-Heavy (1 min rest)
 - 2 Heavy (2 min rest)
 - 1 Very Heavy (3 min rest, get Coach Berg to watch)
 - Repeat, add 10 to 20 pounds thereafter
- Power Clean Warm up
 - 1 set of 8 reps Very Light
- Power Clean
 - 5 Light-Medium (1 min rest)
 - 3 Medium-Heavy (1 min rest)
 - 2 Heavy (2 min rest)
 - 1 Very Heavy (3 min rest, get Coach Berg to watch)
 - Repeat, add 5 to 10 pounds thereafter

Throwers Workout (Pre-League)

Upper Body

- Warm up
 - 3 sets of 75% maximum Push Ups
 - 3 sets of 20 reps weighted Seated Twists
 - 2 sets of 15 reps (each side) Seated Med Ball Twist Toss
- Bench
 - 6, 5, 5, 3 (5, 3, 3, 1 Pre-Max)
- Push Press
 - 4 X 5
- Power Shrugs
 - 3 X 8
- High Pulls
 - 4 X 5
- Cool down
 - Ask Coach- Rotate Med Ball Drops & Explosive Push Ups, Med Ball Chest Pass (on knees) & Push Up/Row Switch

Lower Body

- Warm up
 - 3 sets of 15 Body Squats
 - 3 sets of 15 Leg Raises
 - 3 sets of 20 Leg Circles (10 each direction)
- Back Squats
 - 6, 5, 5, 3 (5, 3, 3, 1 Pre-Max)
- Front Squats
 - 4 X 5
- Deadlift
 - 6, 5, 5, 3 (5, 3, 3, 1 Pre-Max)
- Power Clean/Hang Clean
 - 6, 5, 5, 3 (5, 3, 3, 1 Pre-Max)
- Cool Down
 - Ask Coach- Rotate Box Jumps (Explosive w/reps vs Quick Timed) & Bench Jumps (Explosive w/reps vs Quick Timed), Seated Box Jumps (w/weight or w/o weight) & Lunges, Jump Rope & RDL's

Throwers Workout (Preseason)

Upper Body

- Warm up
 - 3 sets of 75% maximum Push Ups
 - 3 sets of 20 reps weighted Seated Twists
 - 2 sets of 15 reps Seated Med Ball Twist Toss
- Bench
 - 3 sets of 12 reps
- Push Press
 - 3 sets of 10 reps
- Power Shrugs
 - 3 sets of 12 reps
- High Pulls
 - 3 sets of 12 reps
- Cool down
 - Ask Coach

Lower Body

- Warm up
 - 3 sets of 15 Body Squats
 - 3 sets of 15 Leg Raises
 - 3 sets of 20 Leg Circles (10 each direction)
- Back Squats
 - 3 sets of 12 reps
- Front Squats
 - 3 sets of 10 reps
- Deadlift
 - 3 sets of 10 reps
- Power Clean/Hang Clean
 - 3 sets of 8 reps
- Cool Down
 - Ask Coach

Field Drills (T/Th)

Emphasis: Elbow high & parallel with shoulder, Thumb down

Bounding

Double Legged, 2 sets, 15 yards

Single Legged, 2 sets, 15 yards

Hop and Stick balance drill, 2 sets, 15 yards

Lunge with power jump, 2 sets, 15 yards

Med Ball

1. Full power scoop and vertical throw
2. Standing chest pass
3. Seated chest pass
4. Seated Rt Handed put
5. Seated Lt Handed put
6. Rt knee down Rt Handed put (Lt leg extended)
7. Lt knee down Lt Handed put (Rt leg extended)
8. #6 w/rotation
9. #7 w/rotation
10. #8 w/stand up
11. #9 w/stand up
12. Standing Rt Handed put w/rotation
13. Standing Lt Handed put w/rotation
14. #12 w/Lt step
15. #13 w/Rt step

Shot Drills

1. Flick and release toward ground
2. Kneeling: Lt arm straight, Lt arm block, Face Rt
3. Feet Against Toe board: Standing, Face Rt, Face Rt with ½ squat, Deep squat (Lt knee to ground)
4. Fence Drill: Both Hands, Lt on fence while holding shot
5. Partner Glide