

## Philosophy Of Throwing

By: Mike Hambrick



***Throwing is about movement.  
Learning how your body  
moves and exerts force. It is  
athletic, strength related, and  
individualized.***



- ❑ Throw concepts are power based, leverage based, combo based.
- ❑ Our job as coaches is to identify these traits and to develop these traits to the fullest.

### MY PHILOSOPHY

***My philosophy is that we begin with working with rotary and linear forces.***



- ❑ Linear movements are relatively simple and are the movements that funnel our forces in the right direction. (Long jump)
- ❑ Rotary forces add torque and power to the linear movements. They tend to be more complex. (Boxing jab vs hook)
- ❑ In throwing, rotary movements support and enhance linear movements. (early shot/disc techniques vs current techniques)

### Improvement

- ❑ The best way to improve is to throw.
- ❑ Each athlete needs to develop a technique that enables them to throw at their best.
- ❑ The technique needs to be repeatable

### Improvement (continued)

- ❑ The coach needs to be able to teach basic techniques and to alter the athletes technique to get the best and most repeatable result for their athlete.
- ❑ Getting in reps are very important. Quality reps are a necessity. Repeating poor technical throws engraves errors that stunt growth.

### Strength

- ❑ There are no weak great throwers
- ❑ Athletic strength is most important to young throwers
  - ❑ It is the base for moving the implements
- ❑ It is easier to build strength than to improve technique
- ❑ Strength enables the athlete to improve technique due to better body control and more force production



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## Mike Hambrick - Philosophy Of Throwing

### PROTOTYPE FOR THROW ATHLETES

*What type of athlete should we be looking for in the throws?*

- ❑ Mobility/agility.  
(Basketball, Soccer)
- ❑ Strong hands and feet.  
(Football, Wrestling)
- ❑ Body control.  
(Volleyball)
- ❑ Strength endurance  
(weight lifting)
- ❑ Conceptual vision
- ❑ Willingness to adapt to conditions (Golf)
- ❑ Desire to eliminate weaknesses and fortify strengths (All Sports)
- ❑ Don't overlook the "David's of the world."  
(Small can be mighty).

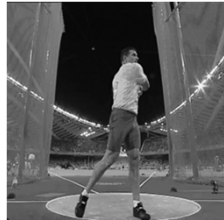
## Power

Where does strength fit into the training of throwers?

- ❑ Simple but complex
- ❑ The goal is to get dynamically/ballistically strong.
- ❑ Should start immediately
- ❑ Look to improve explosive ability
- ❑ Improve static strength
- ❑ Acquire strength endurance for the ability to develop repeatable actions.

### Technical Training

- ❑ Good technical teaching/lift programming = Better thrower
- ❑ Technique will be harder to teach but will be enhanced by having a strong athlete that can apply force to the implement.



QUESTIONS???????