

**Imagine going to practice and training everyday and not getting any better**

What is Proper Technique?

### **Half Elastic Energy: Fascia-oriented training approach**

Posture + Technique + Anatomy Train Knowledge = Greater Distance

Wilmington NC 1994

Yuriy's 1<sup>st</sup> US appearance post USSR dissolution

Teaching Methodology

Key Position #1

- Simple stable starting position to start the throw, ensure that speed and rhythm are obtained ...
- *It can be static or dynamic*

Key Position #2

- Left arm is leading the way (+25°)
- I prefer to look at your left hand
- Knee, foot and are pointing to 90°
- Rotation is around the left foot
- Arms are parallel to the ground

Key Position #3

- Drive down the left sector
- There is a lean towards the middle
- This position initiates the right side drive towards the left sector line
  - This initiates the lower body swing
- Be sure to keep the left leg close behind the right

Key Position #4

- Drive the right side down the left sector
- Replace the left arm with the right
  - Maintain hands in proper orbit (difficult)
- The lower body finishes swinging through to the front of the ring, while the upper body stays put
  - The left knee should be next to the right knee

Key Position #5

- The left foot lands open to the sector in sync with the arm directly above it
- *This position cause a great stress on the body and fascial lines creating an enormous stretch-reflex*

### **Attentional Cueing and Whole Practice**

This type of practice method represents a compromise between part- and whole-practice methods. The learner's attention is directed to one component of the skill while the skill is practiced in its entirety.

This technique conserves the spatial and temporal characteristics of the skill.

**In other words, the natural rhythm of the movement and location in the ring will be "true" to a competitive throw, but the athlete will simply be concentrating one aspect.**

What is the Training plan to improve      Technique and distance?

## Range Throwing

### **Jud's words of wisdom**

You must declare a Range "Buster" attempt!

"You can't go hard every throw and accidentally throw in the range and call it a range throw"

### 1:1 lt/reg

In rounds (throw both before walking out to get them) throw a light implement then the competition weight

The goal is for the movement speed to be transferred into the competition weight

### 3:3 heavy/reg

Throw 3 throws with a heavy implement then 3 throws with the competition weight

The goal is for the optimal body position from the heavy implement to be transferred into the competition weight.