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Exercise Selection for Throwing Events

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How to Determine Training Exercises



- Competitive Exercises (CE)
- Specific Developmental Exercises (SDE)
- Specific Preparatory Exercises (SPE)
- General Preparation Exercises (GPE)

Event Specific Needs
Throwing Related Exercises
CE
SDE

Athletic Needs
Physical Preparation Exercises
SPE
GPE





How to Determine Training Exercises

■ GE ■ SPE ■ SDE/CE

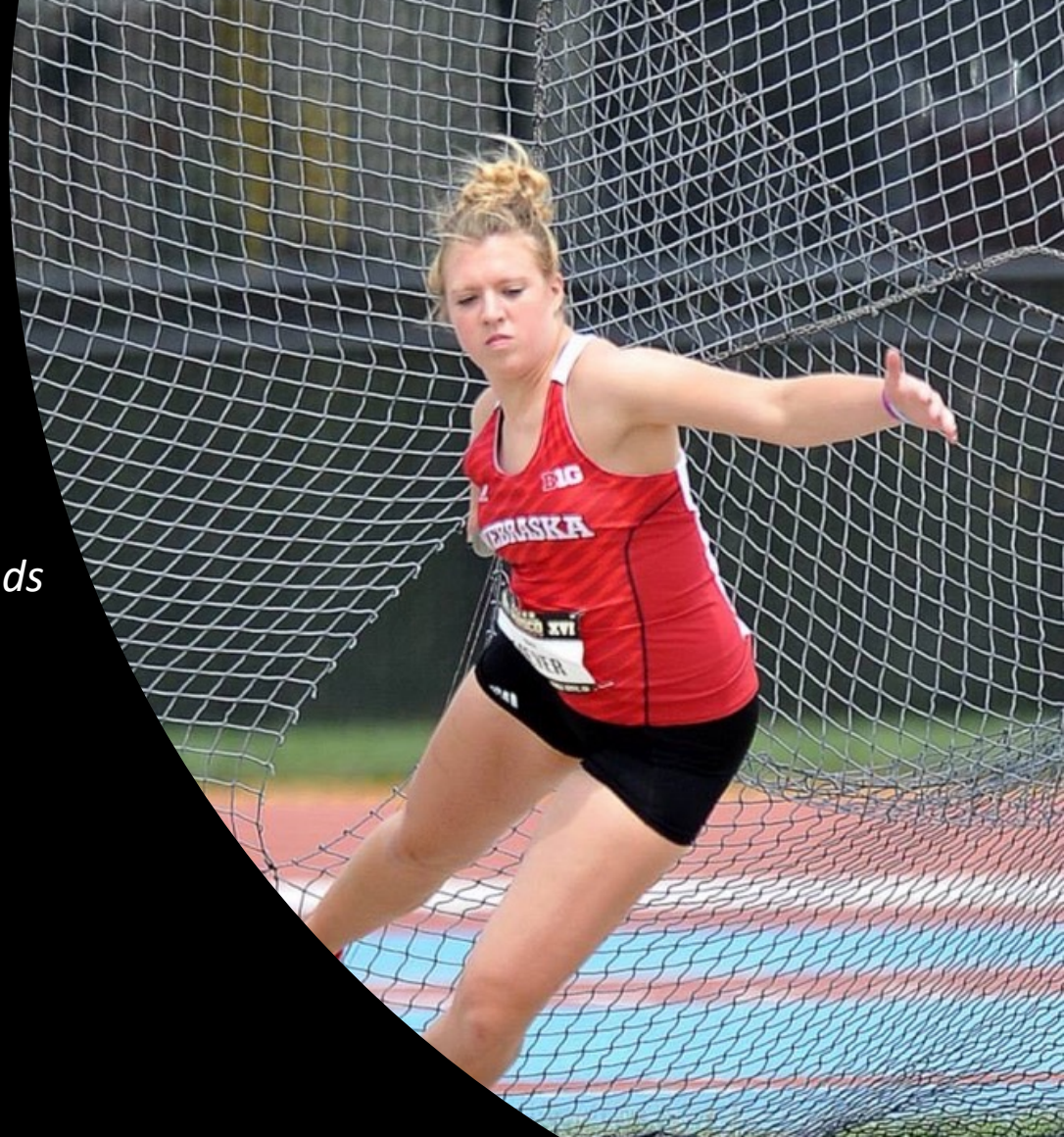


- Competitive Exercises (CE)
- Specific Developmental Exercises (SDE)
- Specific Preparatory Exercises (SPE)
- General Preparation Exercises (GPE)



Competition Exercises

- 50% shared time with SDE's
- *Technique*
 - *full technical execution*
- *Speed (explosive)*
 - *high neuromuscular demands under stress*
- *Strength (power)*
 - *strength and positions*
- *Standard*
 - *exact event demands -*





Teaching Methods Part Method

Separating technical training into components allows complete focus on one technical cue during a specific exercise. Only after the athlete has achieved technical competence of each phase of the event, should the next step in the process be added





Specific Preparation Exercises

- 40-50% of training time
 - *similar to competition event physiologically*
- *Speed (explosive)*
 - *high correlation to neuromuscular elements*
- *Strength (power)*
 - *high correlation to strength demands*



General Preparatory Exercises

- 10-20% of training time
 - not similar to competition event physiologically
 - not similar to competition movement

Supporting exercises

- Athletic abilities
- Injury prevention
- Rehabilitation

100's of choices



Compatible Training

- Standard/light throws and Olympic lifting/explosive exercises
- Standard/heavy throws and power exercises
- Standard/heavy throws and maximal strength exercises
- Technique <90% speed and maximal strength exercises
- Specific development exercises and power exercises
- Specific development exercises and maximal strength exercises.





Strength and Conditioning Program Design

The objective of strength training for track and field athletes is to optimize the qualities related to muscular development needed for maximum performance.

Strength training methods for throwers focus on neuromuscular factors, not hypertrophy.

Developing strength is more important in younger athletes than speed in the weight room; high velocity training is necessary for more experienced athletes (Stone et al., 2009).



Strength and Conditioning Program Design

Strength Training Session Sequence Tips

- Exercise order based on the goals of the session
- Major complex exercises before simple assistance exercises
- Specific exercises before general exercises
- High intensity exercises before lower intensity exercises
- Dynamic exercises before slower exercises
- Bigger muscle groups before smaller muscle groups
- Wide range of motion before less range of motion



Exercise Selection Review

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Books

Shot Put and Discus Throw Manual

10% Improvement Coaching Strategies

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Questions?



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■ GE ■ SPE ■ SDE/CE ■

