Overview

- These are, in theory, very basic.
- These concepts are some that have been very beneficial to me.
- Some are borrowed along the way.
- These are examples of what has worked for me, and are not meant to be the absolute answer.

Points Covered Today

- The Wind
- Takeoff/Drive phase
- Positioning/transitioning in flight
- Touchdown/Position at Landing
- Release/ Finish
- Drills/Exercises to Emphasize Technical Points

The Wind

- Balanced weight over legs (esp. drive leg)
  - Smooth wind
    - To allow for weight shift
    - To allow for upright chest and separation on takeoff
  - Upright posture
    - Level shoulders
  - Low in legs
    - Relative to each athlete (abilities, feel)

The Wind

- Balanced over feet, with drive leg slightly loaded
- Long, smooth wind
- Shoulders level
- Keep drive leg loaded

The Wind

- Be patient/smooth with upper body to allow for weight to shift over drive leg
- Maintain depth in legs into drive
- Keep shoulders level as well
The Wind

Takeoff/Drive Phase

- Transition from wind into Takeoff as smooth as possible
  - Maintain rhythm and direction into throw
  - Active right leg (separation, momentum, angle)
    - Wide and then lift as it rotates to middle of circle
  - Upper body angle
    - Up, to allow for rotation and separation out of back
  - Left side/shot back
  - Timing off drive foot is key (direction, rhythm)

Takeoff/Drive Phase

- Active Right Leg (knee)
  - Out wide, then up to chest
  - Generate hip/shoulder separation
- Upper Body Upright
  - Allows for axis for LB to rotate
  - Set up release angle

Takeoff/Drive Phase

- Continue Right Leg Drive
  - Lift knee
  - Begin rotation to middle
- Keep Shot/Left Side Back
- Upright Posture
  - Shoulders "level"
Takeoff/Drive Phase
- Timing off drive leg is key
  - Rhythm/Direction
    - Too late = Over-rotation
    - Too soon = Under-rotation
- Upper body angle
  - Forward = Toe board
  - Too steep = Falling away

Takeoff/Drive Phase

Takeoff/Drive Phase

Takeoff/Drive Phase

Flight/Transition to Front
- Right leg remains actively driving/rotating
  - Active upon touchdown in middle
- Shot back/Shoulders back
  - Separated/behind hip
- Keep upper body posture
  - Angle up
  - Shoulders “level”
Flight/Transition to Front

- Keep right leg/hip active
- Begin turn through release
- Keep upper body posture
- Shoulders "level"
- Shot behind hip

Touchdown/Position at Landing

- Shot behind hip
- Posture maintained
  - Upper body angle is unchanged
    - Appears different due to LB rotation
  - Shoulders above hips
    - Chest not reaching towards back of ring
- Right leg (knee) works toward sector
Release

- Continue movement of right knee
- Keep chest angle/shoulders level through finish

Drills/Exercises

- “Towel Drill” Progression
  - Emphasizes separation and right leg activity
  - 1: Step in, 2: Step to front, 3: Release
  - Can be done separately, or as one drill

“Towel Drill”

“Towel Drill”

Drills/Exercises

- 360 Drill
  - Emphasizes balance and posture
  - Can bring more right leg to drill to feel separation

Drills/Exercises

- Wall Drill
  - Emphasizes wind, balance, separation, right leg activity and body angle

“Towel Drill”

“Towel Drill”
Drills/Exercises

• Medicine Ball Throwing
  – Great for teaching balance, patience, and active lower body (and leg usage)
  – Non-reverse throws/Oversized medicine balls

Drills/Exercise

• Landmine
  – Great for separation and balance

Drills/Exercises

• Rotational Medicine Ball Throws
  – Stretch for separation, timing, balance

THANK-YOU!

• Questions?
  – Feel free to contact me anytime
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