Throwing Variable Implements

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Training Methods with Various Implements

- Balance
- Strength
- Speed
Program Methods

• Balance:
  – 33% standard weight
  – 33% heavy weight
  – 34% light weight
Program Methods

• **Strength:**
  – 25% standard weight
  – 50% heavy weight
  – 25% light weight
Program Methods

• Speed:
  – 25% standard weight
  – 25% heavy weight
  – 50% light weight
Types of Implements

- Shot Put-Discus-Hammer-Javelin
  - Heavy
    - Medicine Ball
    - Throwing Ball
    - Other
  - Light
    - Medicine Ball
    - Throwing Ball
    - Other
Shot Put/Discus MB
Barbell Drills
Hammer Throw

- Options
  - Kneeling
  - Turning drills
  - Heavy
  - Heavy and short
  - Light
  - Weight (heavy)
  - Weight (light and long)
  - Whammers and plates/chains
2 20lb weights arms out
Turns with 2 weights
30” wire on 6k Hammer
3.64k Hammer
Discus

• Options
  – Balls
  – Medicine balls
  – Pins
  – Iron bars
  – Power balls
  – Discus
Discus 6lb. MB
Discus left 6lb. MB
Discus 1.5k Ball ½ Turn
Discus 1.5k Ball Full
Shot Put

- Heavy Shots
- Light Shots
- Weight Vest
- Ankle Weights
Javelin

• Balls
• Medicine Balls
• Other
Javelin
Yearly Plan

• How to Use Variable Weights
  – Off Season
  – Early Season
  – Mid Season
  – Peak
Daily Plan

• How to Use Variable Weights
  – One Implement
  – Heavy to light
  – Light to heavy
  – Mix
Sample High School Girls

- Early Season High School Girls
- Strength Method  x10 stand throw (10 pound)  x5 mini-glides (10 pound)  x5 full throw -no reverse (4 kilo)  x5 full throw -reverse (8 pound)
Sample Shot Put

• Early Season College Men (Spin)
• Strength Method x6 stand throw (18 pound) x6 half turns (18 pound) x6 full throw – (18 pound) x6 full throw – (16 pound)
Sample Discus

• Early Season College Women
• Strength Method  x6 stand throw (2 kilo ball)  x6 half turns (1.5 kilo ball)
• x6 half turns – (1 kilo)  x12 full throw – (1 kilo)
• x12 full throw – (1.5 kilo ball)
Sample Hammer

• Early Season College Women

• Strength Method  x6 one toe- 3 heel (5 kilo)  x8 one toe- 3 heel (4 kilo)  x6 one toe- 2 heel (6 kilo – 32”wire)

• x10 wind and release (20 pound weight)
Sample Javelin

- Early Season College Men
- Strength Method  x10  2 hand stand throw (2 kilo ball)  x6 Walking 3 Step (900 gram)
- x6 Walking 5 Step (900 gram)
- x6 Dynamic 5 Step (800 gram)
- x6 Full Approach– (800 gram)  x50  Event Specific MB– (3 kilo MB)
Experiment

• The coach should try several methods to find the best results for individual athletes
• Each thrower may have success with a different method than a teammate.

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