Men and Women Technical Variations

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Technical Points

• Common Throwing Elements
  – All throwing events
    • Speed of release (#1 factor)
    • Height of release
    • Summation of Forces
    • Application of Forces
Individual Athletes and Factors

- Body Type
- Athletic Ability
  - General
  - Event Specific
- Training Program
  - Training Age
  - Program Principles
  - Technical Model
  - Technical Execution
- Event Aerodynamics
  - Discus and Javelin
Men and Women Training

• Science
  – Teaching Progression Equal
  – Total Strength (63.5%)
  – Testosterone (x10)
  – Absolute Strength (50%)
  – Flexibility
  – Hormone Levels (peaking)

– Resource: Teaching Women’s Hammer
  • Dr. Larry Judge (Track Coach Summer 1999)
Men and Women Training

• Experience
  – Focused on technical factors
  – Rhythmic throws
  – Technique in part vs. whole
  – Speed
  – Similar throwing weight over time
  – Training harder and longer (relative %)
Throwing Action

• Discus - Men versus Women
  • Wind up
  • Right leg pick up and sweep
  • Left leg push off
  • No support
  • Right Side
    – foot touch and turn
    – upper body
  • Left Side
    – Block
  • Release
    – No Reverse and Reverse
Discus Women
Discus Men
Throwing Action

• Spin Shot Put - Men versus Women
  • Wind up
  • Right leg pick up and sweep
  • Left leg push off
  • No support
  • Right side
    – foot touch and turn
    – Upper body action
  • Left side block
  • Release
Throwing Action

- Glide Shot Put - Men versus Women
  - Start
  - Unseat and right leg drive
    - Upper body placement
  - No support
  - Right foot touch and lift
  - Upper body action
  - Left side block
  - Release
Shot Put Men
Shot Put Women
Throwing Action

• Javelin - Men versus Women
  • Start
  • Beginning of the approach
  • Withdrawing the javelin
    – Acceleration
  • Penultimate step
  • Left side
  • Arm action
    – Release
Javelin Women
Javelin Men
Throwing Action

- Hammer Throw (3 turn) Men versus Women
  - Ring set up
  - Wind and entry
  - Turn 1
    - Catch
    - Drive
    - Right foot pick up
  - Turn 2
    - Catch
    - Drive
    - Right foot pick up
  - Turn 3
    - Catch
    - Drive
    - Right foot pick up
  - Release
Throwing Action

- Hammer Throw (4 turn) Men versus Women
  - Ring set up
  - Wind and entry
  - Turn 1 (toe turn)
    - Catch
    - Drive
    - Right foot pick up
  - Turn 2
    - Catch
    - Drive
    - Right foot pick up
  - Turn 3
    - Catch
    - Drive
    - Right foot pick up
  - Turn 4
    - Catch
    - Drive
    - Right foot pick up
  - Release
Hammer Women
Hammer Men
Throwing Action

- Weight Throw - Men versus Women
  - Ring set up
  - Wind and entry
  - Turn 1 (toe turn)
    - Catch
    - Drive
    - Right foot pick up
  - Turn 2
    - Catch
    - Drive
    - Right foot pick up
  - Turn 3 (if used)
    - Catch
    - Drive
    - Right foot pick up
  - Turn 4 (if used)
    - Catch
    - Drive
    - Right foot pick up
  - Release
Weight Throw
Common Factors

• Discus
• Spin Shot
• Glide Shot
• Javelin
• Hammer
• Weight
Conclusion

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  – http://digitaltrackandfield.com/coaches-clinic

  – ubersense (iPod, iPad, iPhone, iPad mini)