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

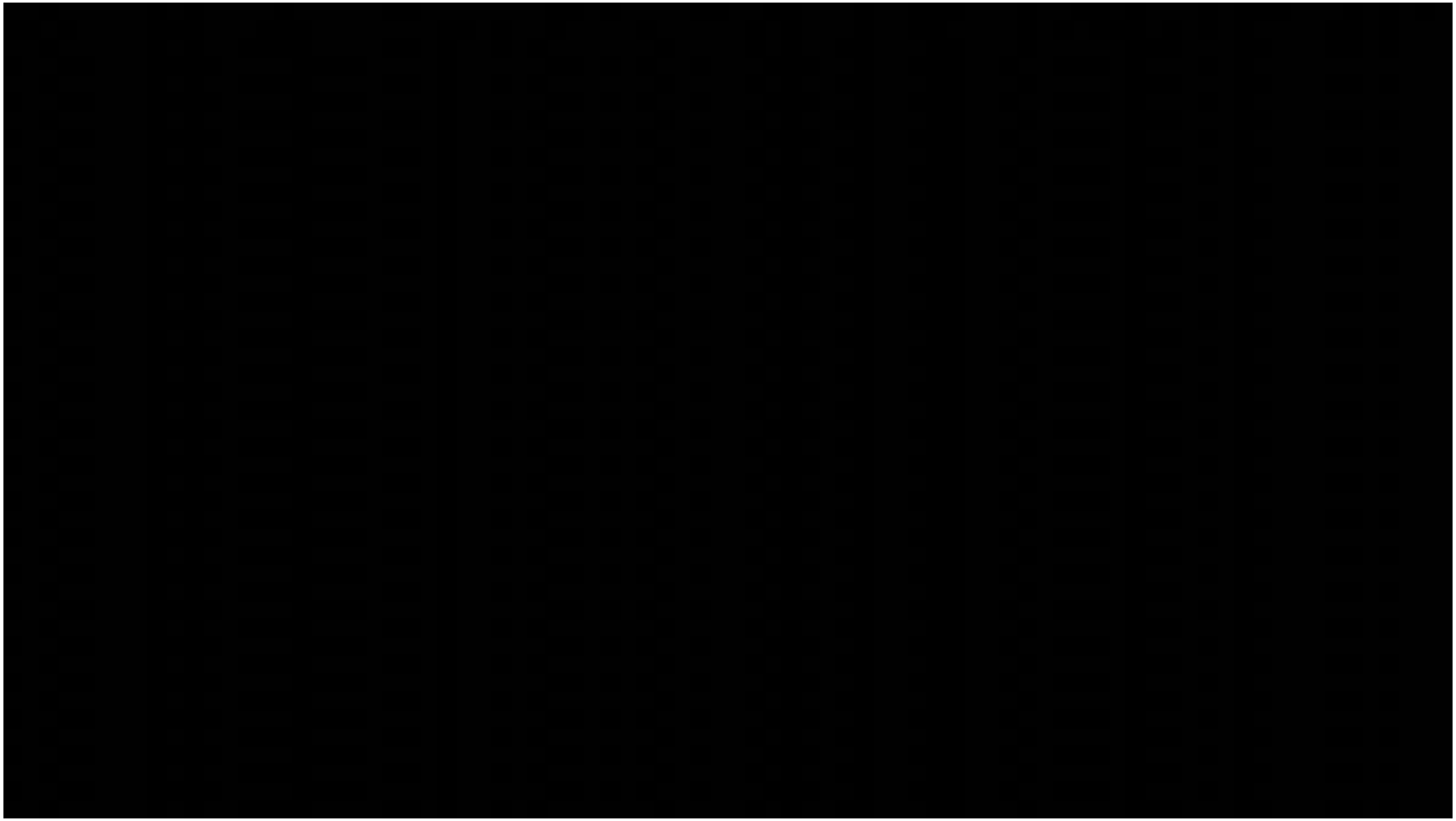
- Experience
  - Focused on technical factors
  - Rhythmic throws
  - Technique in part vs. whole
  - Speed
  - Similar throwing weight over time
  - Training harder and longer (relative %)

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

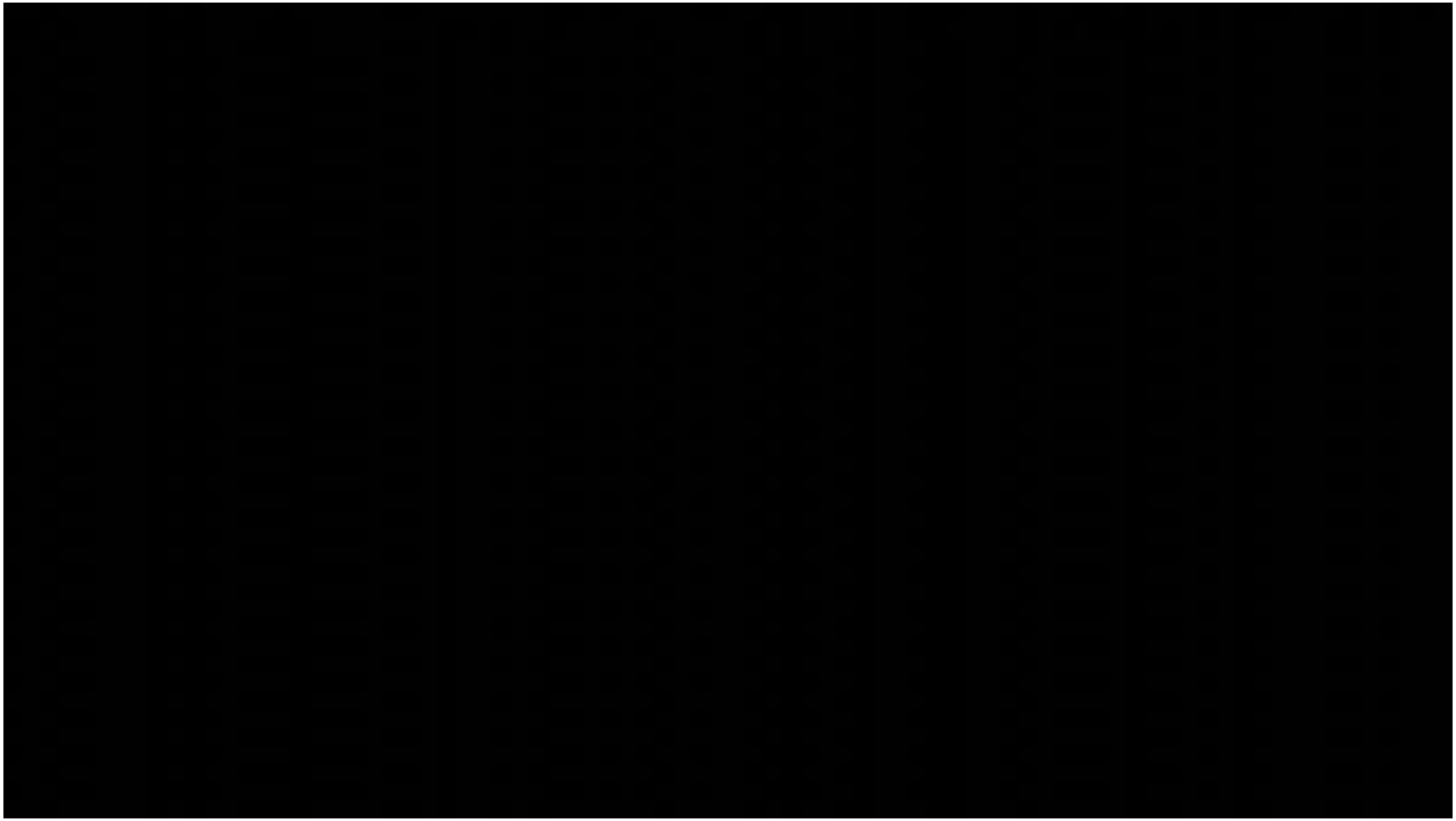
Shot Put Women

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

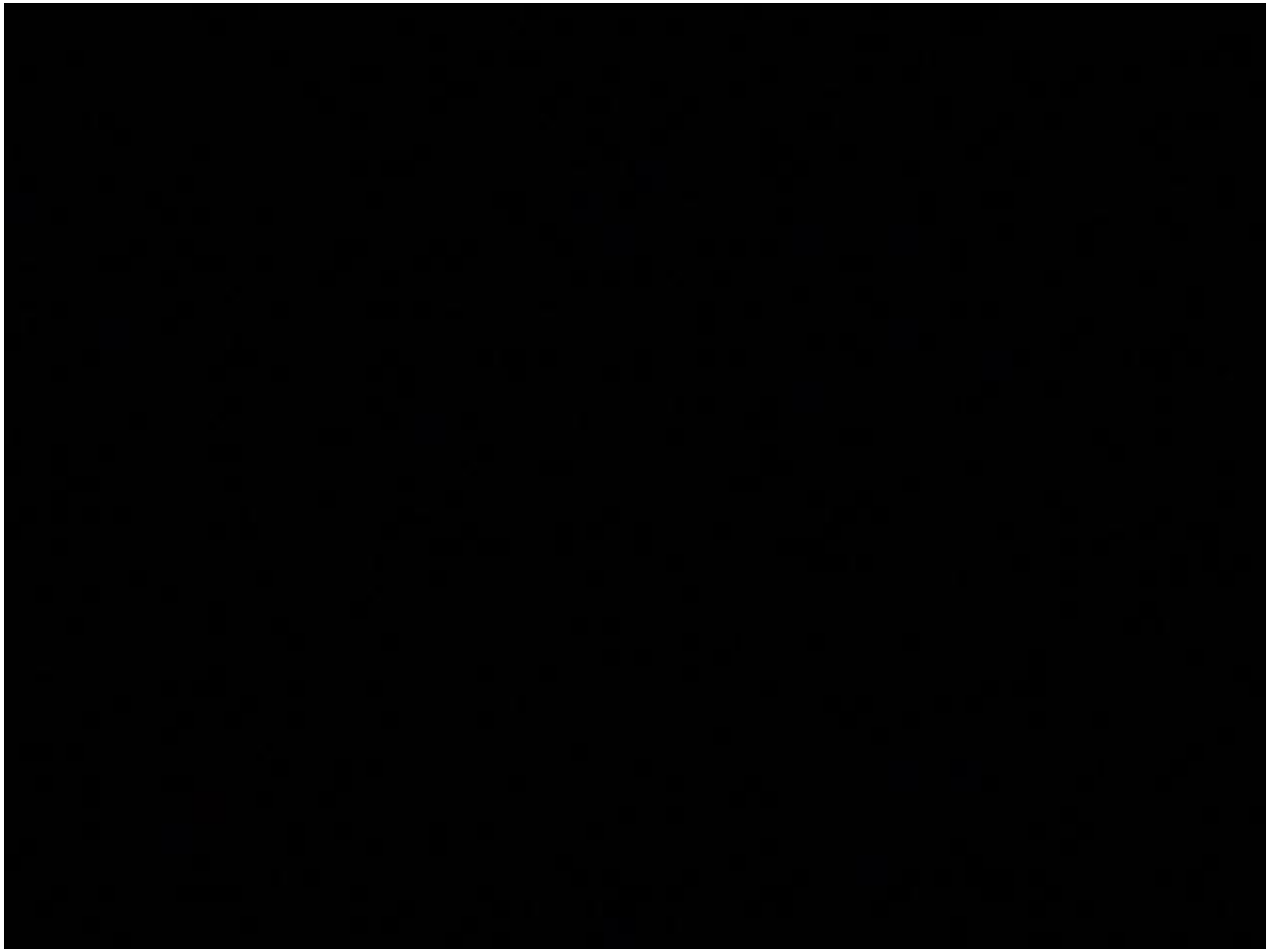
- Hammer Throw (3 turn) Men versus Women
  - Ring set up
  - Wind and entry
  - Turn 1
    - Catch
    - Drive
    - Right foot pick up
  - Turn 2
    - Catch
    - Drive
    - Right foot pick up
  - Turn 3
    - Catch
    - Drive
    - Right foot pick up
  - Release

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 pic k 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)