

PREPARING THROWERS FOR CHAMPIONSHIP MEETS

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IDEAL SITUATION

- Johnny is a Senior with a great work ethic
- He is a great guy and deserves to be an All-American
- Never made it to NCAA Championships before, but has overcome obstacles to have an amazing season
- Puts out a great throw in prelims to make it to finals
- Then PR's on his last throw to win the National Championship!
- A perfect Hollywood script

CHARACTERISTICS OF JOHNNY'S PERFORMANCE

- Feeling fresh- physically peaked
- Throwing far in practice
- Focused on his objective to throw well
- Has learned from his experiences in practice and competition
- Excited to compete
- Confident

PEAKING

- Peak Phase – A planned period of time when the athlete is at the top performance of the year.
- Maximum strength
- Fully recovered - Fresh
 - No soreness
 - Quick reaction time
- Measured in explosive movements like
 - Overhead shot throw
 - Standing Long Jump
 - 30m Sprints

LIFTING PERIODIZATION

Macrocycle

- 2-3 month period
- From High Volume, Low Intensity
- To High Intensity, Low Volume

Last Mesocycle

- Last 2-3 weeks before Championship meet.
- Decreased Volume
- Decreasing Weight, Increasing Speed
- Last week may have no weight room lifting
- Under very little physical stress

OUTDOOR LIFTING TEMPLATE

		NCAA	1st Round	1st Round	Pac-12	Pac-12
		Jason			Eddie	
Monday		Ryan	Jordan	Cj	Marc	Ashley
Indoor	1-Mar			H		H
	8-Mar	Off	H	H		H
Baldy	15-Mar	H	H	H	Off	M
ASU Inv	22-Mar	H	H	H	M	M
Sun Angel	29-Mar	H	H	M	H	H
	5-Apr	M	M	M	L	L
UCSD	12-Apr	H	H	M	H	H
	19-Apr	Off	Off	L	M	M
Double Dual	26-Apr	H	H	H	L	L
Pac-10's	3-May	H	M	M	L	L
	10-May	L	L	L	Off	Off
Tucson Elite	17-May	H	M	L	L	
Regionals	24-May	M	L	Off	Off	
NCAA	31-May	L	L	L		
	7-Jun	Off	Off	Off		

H- Heavy
M- Medium
L- Light

LIFTING DURING PEAKING

- Speed Lifts
 - Olympic lifts – Snatch, Cleans, Jerks
 - Power lifts – Chain/Band Squat, Chain/Band Bench
- Low reps, high intensity
- No Volume Lifts
- Limited Accessory Lifts



SPEED DURING PEAKING

- 30-40m Sprints
- Box Jumps
- Standing Long Jumps
- Over Head Shot Throws
- MB Throws
- Etc.

THROWING DURING PEAKING

- Slowly cut the volume of throws in a practice
- Less stand throws
- Less short approaches
- Less drills
- Number of practice throws start to resemble meet type numbers
- Lighter implements to get used to faster, meet type rhythm

PEAKING OUTDOOR COLLEGIATE SEASON

Estimate the championship that is most important for each thrower, then count back 2-3 weeks to begin peaking process.

Dual Meet Athlete

- Not on the Regional list
- Not made the Pac-12 Championship

Pac-12 Athlete

- Has made the conference team
- Low or not on the Regional list

First Round Athlete

- Possible NCAA Championship athlete
- Will score well at Pac-12's with moderate peaking

NCAA Championship Athlete

- Top 8-10 in region
- Will perform well at preliminary meets with little or no peaking

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THROWING FAR IN A CHAMPIONSHIP MEET

- Requires the exact same balance, position, rhythm, and timing as any other throw.
- Big throws are produced from peaking in the weight room, full recovery, the excitement of the meet, adrenaline, competition, etc.
- Thrower needs confidence in their technique
- Have the ability to focus on their movement in the ring



A YOUNG THROWERS MINDSET



- They have season long goals of a certain distance.
- Meets are the most challenging because this is when distance matters the most.
- But this is when they need to focus on execution not distance.
- They need confidence in their movements to achieve the big throw.

CHAMPIONSHIP MINDSET

- Cause vs. Effect
- The athlete needs to focus on what they can control.
- The action in the ring or down the runway determines the distance.
- Distance is always the goal, but never the focus
- Employee asking for a raise before they improve their performance.

MICHELLE CARTER

2008 OLYMPIC GAMES

Qualifying

- Top 12 or all Auto Qualifiers (18.40m)
- Performance- 18.49m
- 13th out of 15 Qualifiers

Finals

- Top 8 throwers get additional 3 throws
- Performance- 17.74m
- Place- 15th
- Focused on distance instead of what got her to the finals.
- 18.49m would have been 9th in finals

TEACHING THE RIGHT MINDSET

- Develop the right focus at practice.
- Most young throwers define their throw based on distance.
- Separate the relationship of distance and success during practice.
- Their daily goal is technique, rhythm, or timing.



EXPERIENCE

- Gaining experience is learning who they are physically and mentally in all kinds of situations.
- Preparing for a successful performance at a championship meet is accomplished at practices and meets throughout their career.



LEARNING AT PRACTICE

- Throwers must learn how their body reacts to:
 - High Volume Lifting
 - High Intensity Lifting
 - Rest/Recovery
 - Speed Work
 - Other Training Stresses
- How to keep their body healthy
- How outside stresses affect them
 - School
 - Family
 - Boyfriend or Girlfriend

LEARNING AT PRACTICE

- Athletes need to learn skills that can help them perform well at meets.
 - How to control their body to learn the new technique
 - How to find the right motion when it isn't coming easily
 - How to control their emotions and not let frustration affect their practice
 - How to accept and overcome challenges during practice
 - How to stay positive
 - How to visualize

LEARNING AT PRACTICE

- Simulate and learn from meet type experiences
- Coach needs to introduce change/obstacles during practice to help them learn how they react to problems
- How to warm up with limited throws
- How to throw well with 10-15min between throws (1st round of the NCAA Championships)
- If you are from Arizona and the championship forecast is rain, How to throw in a wet ring!

LEARNING AT MEETS

- How did they perform?
- How did they react to sub-optimal conditions?
 - Inclement weather
 - Bad officiating/phantom fouls
 - Favorite implement not weighing in
 - Imperfect travel
 - Bad hotel room/bed
 - Unusual food options
 - Etc.

VISUALIZATION

- The facility, the weather, the time of day
- How they will enter the facility
- How they will warm up
- Being calm and in control
- The ideal throw
- Overcoming obstacles



VISUALIZATION

- Been there before
- Thrown well before
- Know how to react in all kinds of situations
- Performed well in all kinds of conditions
- Less worrying
- Increases confidence

EMOTIONAL

Excited

- Thoughts of how it will feel to throw well, win, beat competition, etc.
- Proud to contribute points to the team.
- Want to make coach, parents, school proud

Scared

- Outside expectations
 - Parents
 - Media
 - Team
- Pressure to place where they come in ranked
- Pressure to score points

EMOTIONAL

Talk About

- Things in their control
- Improvement since last year
- Great performances so far this year
- More prepared
- Peaked and fresher than any other meet this year

Don't Talk About

- Negative outcomes
- How the team needs their points
- Other outcomes that build up anxiety in that thrower
- How this meet is the most important of the year

CONFIDENCE

Definition: a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities



DEVELOPING CONFIDENCE

- Developing confidence in themselves and in their throwing takes time.
- Initial self-confidence
- Successes in high school
- Confidence in their performance from the previous season
- Improvements over the season

DEVELOPING CONFIDENCE

- Instilled daily over a long period of time
- Praise improvements
- Praise effort in difficult times
- Praise great performances
- Learn from bad experiences
- Applaud self-discovery



DEVELOPING CONFIDENCE

Ryan Whiting

- Naturally had self-confidence
- Didn't need to see distance at practice to know he was good
- Trusted the peaking process
- Excited to compete

Jessica Pressley

- Low self-confidence
- Needed reassuring that she was going to throw well
- Started peak early so she would see the distance at practice
- Nervous to compete

DEVELOPING CONFIDENCE

- Different throwers develop confidence in different ways
 - Trust in your coach
 - Being proud of all the work they have done all year
 - Being proud of all their previous good performances
 - Knowing that they have experienced difficulties and still come through
 - Knowing that they have been throwing well in practice
 - Knowing that they are better than this time last year
 - Knowledge that their body will be peaking just for this meet

CONFIDENCE IN COMPETITION

- Excited for the championship
- Doesn't worry when their implement doesn't weigh in
- Warm-ups don't have to go well
- Lightning delays are easier to navigate
- Foul throws don't affect them
- Overcome obstacles and still compete well

AS THE MEET DRAWS CLOSE

- The athlete can work on-
 - Controlling outside stresses
 - Visualizing
 - Positive affirmations
- The coach can-
 - Stay positive and encouraging
 - Discuss confidence building topics
 - Stay with simple cues
 - Don't introduce new ideas or movements



CHARACTERISTICS OF JOHNNY'S PERFORMANCE

- Feeling fresh- physically peaked (Last 2-3 weeks of the season)
- Throwing far in practice (Long term)
- Focused on his objective to throw well (Long term)
- Has learned from his experiences in practice and competition (Long term)
- Excited to compete (Every meet)
- Confident (Long term)

THANK YOU

Questions?