Building Blocks for Hammer Training

Presenter: Clendon Henderson
Liberty University
Presentation Outline

Introduction
Block 1 – Annual Plan
Block 2 – Throwing & Lifting Design
Block 3 – Technical Skill Development
Introduction

Name: Clendon Henderson

Position: Associate Head Coach Liberty University

Experience: 11th Year Coaching

Athletic Career: South Plains College & Liberty University

Threw: DT-62.26m, SP-18.86m, HT-58.72
Introduction

Coaching Career Highlights

All-Americans: 2 (Hammer only)
NCAA National Qualifiers: 9
NCAA East Prelim Qualifiers:
  Events: 56
  Athletes: 21
Big South Champions: 54

Expectations are Rising!
BLOCK 1
ANNUAL PLAN
Annual Plan

Annual Plan: Year long guide to all themes and training components. Implementing strategies that help promote learning and enhance physical performance.

Backwards Thinking:
- Peaking Periods, Themes, Cycles, Recovery, Breaks
## COMPETITION PHASE

### LIBERTY FLAMES ANNUAL PLAN 2018-19: Hammer

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<th>Cycle</th>
<th>Theme</th>
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**Key Notes:**
- **Threshold:** 24-48hrs
- **Rest:** 10 days
- **Box Jumps Speed-Strength Day:**
- **Agility Circuit #2 Speed Day:**
## PRE-COMP PHASE

### LIBERTY FLAMES ANNUAL PLAN 2018-19: Hammer

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- Agility Circuit #1: Speed Day 90
- Agility Circuit #2: Speed Day 80
- Recovery (No Competing)
- Box Jumps Speed-Strength Day
- <40 days last peak meet

**Dates and Events:**
- 14-Apr-19: Gamecock Invite
- 21-Apr-19: Duke Invitational
- 28-Apr-19: Penn Relays
- 5-May-19: Recovery - Liberty Twilight
### GENERAL PREP.

**Cycle I: Endurance**
- High Volume Drills & Throwing
- Intensity Low

**Cycles II & III: Strength & Acceleration**
- Progress: High Volume – Moderate Volume
- Progress: Low Intensity – Moderate Intensity

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<tr>
<th>Cycle</th>
<th>Theme</th>
<th>Training Components</th>
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<tbody>
<tr>
<td>I</td>
<td>Endurance</td>
<td>Focus: Warm Up; Drill Volume; Throwing Volume; Throwing Type; Conditioning; Power Development; Lifting;</td>
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<td>Focus: Warm Up; Drill Volume; Throwing Volume; Throwing Type; Conditioning; Power Development; Lifting;</td>
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BLOCK 2
THROWING & LIFTING DESIGN
DESIGNING THROWING & LIFTING WORKOUTS

Throwing: Transfer is key
- Why? Does it help
- Priorities Hammer Throwing, It does Everything
- Balance (not too much, not too little)

Weight Room Strength & Power
- Heavy Weights to move Light Weight Fast
- Light Weight to move Heavy Weights Faster
- SAME IN THROWING

Training Objectives
(Endurance, Strength, Strength-Speed, Speed-Strength, Coordination, Flexibility, etc)

Guide Training Activities
(throwing, drills, & lifting volume & intensities, implement selection, power development, conditioning, etc)
### LU THROWERS EVENT TRAINING - Week .5

**Cycle II**

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<tr>
<td>Warm Up: Mobility Jog - OR - Hurdle Mobility Crush/Roll - Area's of Restriction</td>
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<td>Turns: 3x10 (Reg) Reg</td>
<td>Turns: 4x10 (Reg) Reg</td>
<td>Turns: 3x10 (Reg) Reg</td>
<td>Turns: 4x10 (Reg) Reg</td>
<td>Turns: 3x10 (Reg) Reg</td>
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<td>Throws: 6x Full +2 Throws (Reg, wire) imp. (W-5.45k, M-9.9k)</td>
<td>Throwing: Drill Circuit #3</td>
<td>Throwing: Drill Circuit #3</td>
<td>Throwing: Drill Circuit #3</td>
<td>Throwing: Drill Circuit #3</td>
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<td>6x Full +1 Throws (Reg, wire) imp. (W-4.5k, M-4.18kg)</td>
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<td>8x Full (Reg, wire) imp. (W-4.5kg, M-7.28kg)</td>
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<td>6x Full (full length) imp. (W-4.5kg, M-7.28kg)</td>
<td>Control finish turn</td>
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<td>6x Full (full length) imp. (W-3.25kg)</td>
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**Fall Training: 90-130 Total Throws**
### Spring Throws

- **Overarching Goal:**
  - Coordination
  - Keep rhythm & technique consistent
  - Throw PRs
  - Trust the process – not peaking

- **Comp/Peak ing –**
  - Reduces volume & heavy ball work
  - Increases light ball

#### LU Throwers Event Training - Week .32

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<td>4x Fulls (full length) imp. (W-5.45k) (M-5kg)</td>
<td>4x Fulls (full length) imp. (W-5.45k) (M-5kg)</td>
<td>6x Fulls (full length) imp. (W-5.45k) (M-9kg)</td>
<td>8x Fulls (full length) imp. (W-4.6) (M-8.18k)</td>
<td>6x Fulls (full length) imp. (W-4.6) (M-8.18k)</td>
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<td>8x Fulls (full length) imp. (W-4.6) (M-8.18k)</td>
<td>10x Fulls (full length) imp. (W-3.25k) (M-6kg)</td>
<td>8x Fulls (full length) imp. (W-4k) (M-7.26k)</td>
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<td>8x Fulls (full length) imp. (W-3.25k) (M-6kg)</td>
<td>8x Fulls (full length) imp. (W-4k) (M-7.26k)</td>
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<td>8x20m Sprints</td>
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<td>Roll/Crush Area’s of Focus</td>
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<td>Spring Training:</td>
<td>75-110 Total Throws</td>
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LIFTING: STRENGTH DAYS

OFF-SEASON TRAINING

Two days a Week (Tuesday & Saturday)

Lifts:
1 Olympic: Power Clean, Hang Clean, or High Pulls
1 Squat: Back Squats (Full Box, Box 1/2, Deep) - Tues
   Front/Safety Squat (Deep) - Sat
1 Posterior Chain: RDLs, Rev.Hypers, Hip Thrusts
1-2 Accessory Exercises: Based on Theme
1 Rotational Core Exercise:
   Bench: Only if it’s a multiple event thrower OR
   1 additional back, shoulder, or core exercises
FINISH: Full Body Power Development Exercise (connect cns)
   (OHB, SLJ, Box Jumps, Split Leg Jumps, Verticals, etc)

FOCUS: Max Strength

METHOD:
Max Effort - Training @ 1-3 reps at 90%+ of 1RM
Repetition Method – Training @ 60-80% of 1RM till failure

CYCLING:
3 Weeks Loading,
1 Week Recovery/Peaking (Take one day off)

IN-SEASON TRAINING

One day a Week (Monday or Tuesday)

Lifts:
1 Olympic: Cleans (Hang, Box),
   Snatch (Power, Hang, OneArm, CloseGrip)
1 Squat: Back Squats (Full Box, Box ½, Box ¼, Deep,)
1 Posterior Chain: RDLs, Rev.Hypers, Hip Thrusts
1-2 Accessory Exercises: Based on Theme
1 Rotational Core Exercise:
   Bench: Only if it’s a multiple event thrower OR
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FINISH: Full Body Power Development Exercise (connect cns)
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FOCUS: Max Strength → Strength-Speed → Speed-Strength

METHOD:
Max Effort: Training @ 1-3 reps at 90%+ of 1RM (SP & Pre-Comp)
Acceleration Method: Training @ (1-3reps @ 75-85%)(4-6reps @ 65-75%)
   – (Pre-Comp & Competition)

CYCLING:
Depends on Competitions
**LIFTING: SPEED DAYS**

### OFF-SEASON TRAINING

**One day a Week (Thursdays)**

**Lifts:**
- 1 Olympic: Power Clean, Hang Clean, Jerks, or High Pulls
- 1 Speed Squat: Back Squats (Box, Deep), Front Squats
- 1-2 Accessory Exercises: Shoulder/Back
- 1 Rotational Core Exercise OR Bench: Only if it’s a multiple event thrower

**FOCUS:**
- Accelerative Strength (.50 - .75m/s) → Strength-Speed (.75 – 1.0m/s)
  (80-65% 1RM)
- Speed-Strength (1.0 - 1.3m/s)
  (65-50% 1RM)

**METHOD:**
- Tendo Units – Over / Under Adjustment
- Example: 10x2 @ .60m/s

<table>
<thead>
<tr>
<th>Reps</th>
<th>Sets</th>
<th>Rest Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>15lb</td>
<td>20</td>
</tr>
<tr>
<td>19-15</td>
<td>10lb</td>
<td>19-15</td>
</tr>
<tr>
<td>15-10</td>
<td>5lb</td>
<td>15-10</td>
</tr>
<tr>
<td>9-6</td>
<td>-5lb</td>
<td>9-6</td>
</tr>
<tr>
<td>5-1</td>
<td>-10lb</td>
<td>5-1</td>
</tr>
<tr>
<td>0</td>
<td>+15lb</td>
<td>0</td>
</tr>
</tbody>
</table>

**Reps & Sets (12x2 → 8x2 in fall) | Rest Times: 1:00min**

### IN-SEASON TRAINING

**One day a Week (24-48hrs before competition)**

**Lifts:**
- 1 Olympic: Cleans (Hang, Box), Snatch (Power, Hang, One Arm, Close Grip)
- 1 Squat: Back Squats (Deep, ½ Box, ¼ Box), Jump Squats, Box Jumps
- 1 Rotational Core Exercise OR Bench: Only if it’s a multiple event thrower

**FOCUS:**
- Strength-Speed (.75 - 1.0m/s) → Speed-Strength (1.0 - 1.3m/s)
  (65-50% 1RM)
- Speed-Strength (1.0 - 1.3m/s)
  (50-30% 1RM)

**METHOD:**
- SAME as the Fall

**Reps & Sets:**
- (10x2 → 6x2 in the Spring)

**Rest Times:**
- 1:00min

**Speed Parallel Box Squat**

<table>
<thead>
<tr>
<th>Reps over .8m/s</th>
<th>Reps under .5m/s</th>
<th>Rest Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 = +15lb</td>
<td>15-19 = +10lb</td>
<td>16</td>
</tr>
<tr>
<td>10-14 = +5lb</td>
<td>5-9 = -(5lb)</td>
<td>4</td>
</tr>
<tr>
<td>1-4 = -(10lb)</td>
<td>0 = -(15)</td>
<td></td>
</tr>
<tr>
<td>Post Workout Load:</td>
<td></td>
<td>360</td>
</tr>
</tbody>
</table>
BLOCK 3

TECHNICAL SKILL DEVELOPMENT

Coaching 101
FUNDAMENTALS & TECHNICAL POINTS

Fundamental Skills
1. Balance
   1. Ball Position/Forces
   2. Body Position/Forces
2. Rhythm/Tempo
   1. Ball Acceleration
   2. Maintained Balance

Main Technical Points:
1. Early Ball Tension
2. Active Right Side
3. Posture
4. Orbit
5. Staying Down – Hip Level/Positioning

Release Velocity #1 indicator of Distance Thrown
Sam Mastro (Lefty)

Sam Mastro - Fr.
HS. - 179 DT, 170 HT
Little Hammer Experience

Year 1:
Fall: 205’ 5.5k, 168’ 7.26k

Errors
- Lefty
- Posture & Active Left Side –
  - Left to Right Orbit
  - Dropping Left shoulder
  - Excessive Forward Lean
  - No Early Tension or Push
  - Sitting Hips Back @ 90
  - Too Low

Corrections
Shoulders: Left over Right –
- Less Forward Lean
- Opens Shoulders
- Weight More on Right
- Push Ball Passed Center
- More Active Left Push
- Taller Start –
  - Moderate Hip Level
Sam Mastro

205 w/ 5.45k
Long way go but making progress
Chelsea Igberaraese

Sophomore
HS. - 157 DT, 42 SP
No Hammer Experience

Year 1:
HT – 56.26m
WT – 18.26m

Oct 2018 (1 Year & 2 Months)
Oct 2017 (2 Months)
Aug 2017 (1st Time Touching a Hammer)
Chelsea Igberaese

Sophomore
HS. - 157 DT, 42 SP
No Hammer Experience

Year 1:
HT – 56.26m
WT – 18.26m

- Early Tension in Wind “OK”
  - Big Circles
  - Step In (too much with learning 4 turn)

- Active Right Side “OK”
  - Earlier tension helps
  - Lack of push through 90
    - Over rotate & slight pull

- Orbit –
  - Orbit began well
  - Pulling drops orbit
  - Lack of finish (sling)

- Posture & Staying Down
  - Maintains Good Posture and Low Hips
  - Toe Turn = Improved Left Leg and Hip
    - (major issue 1st year throwing)
Final Thoughts

• Overtraining is Real
  • Don’t waste energy on pointless activities

• THROW THROW THROW
  • Drills are useful but limited
  • Coach the throw

• Coaching is an Art:
  • Everyone is different
  • IAAF Biomechanical Study
  • Be Flexible

• Care for your athletes. Invest in them

• Have FUN, Make it Enjoyable, MERRY CHRISTMAS!
Thanks!

ANY QUESTIONS?

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