Power Training Away from the Circle

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Who is this guy?

- Bad 800m Runner
- Had Great College Sprints Coach
- 9 Years of Division 3
- Army West Point Since 2017
DEVELOPING POWER
How do we achieve...

Release Velocities Of:

Shot Put – 13+ m/s
Discus, Hammer, Javelin – 25+ m/s
Finding ways to...

Apply more force...

Over a shorter period of time...
While...

Maintaining a holistic approach...

What is nice to do vs. What we need to do
DISCLAIMER:
What I need may be different than you

3 REPETITION MAXIMUM DEADLIFT (MDL)
STANDING POWER THROW (SPT)
HAND RELEASE PUSH-UP - ARM EXTENSION (HRP)
SPRINT-DRAG-CARRY (SDC)
LEG TUCK (LTK)
TWO-MILE RUN (2MR)
SPRINTING
Sprinting / Acceleration

- Benefits
  - Muscle Fiber Recruitment
  - Train the CNS for SPEED

- Concerns
  - Injury risk from over-pushing
  - Wear & tear from heavy athletes
WICKETS

- Force upright posture
- Emphasize stride frequency
- 10-20 Wickets
- Men – 5’0”, Women – 4’6
- 5-10m Run-In
SPRINTING
OTHER ALTERNATIVES

- Hill Sprints, Sled Sprints (10% BW)
- 10-40m Reps
- 300-400m Volume
- Rest Periods 1'/10m
- 1 Session/Week
MULTI-THROWS
Multi-Throws

- Power Development
- Low Risk & Recovery Times

- Testing
  - Easy to measure
  - Easy to replicate
  - Not overly taxing
Overhead Forward
Jump Forward into Overhead Back
PLYOS / MULTIJUMPS
“…sprinting and plyos produce tension levels in the muscle and connective tissue that are higher than those you experience in the weight room...”
Plyometrics

- Train the Stretch Shortening Cycle
- High levels of tension (Good or bad?)
- Size of athlete
- Soft surfaces
Pre-Loaded
Plyo Push-Up
SPECIAL STRENGTH (SDE)
Special Strength
(Specific Development Exercises)

- High Velocities
- Part training
- Stand-Alone Exercises
- Weight Room Pairings
OVERLOAD
(Heavier than competition implement)
Walking Winds
Wind & Deliver
Pivot Turns
Kneeling Arm Strikes
Double Pivot
Windmill Throws
Plate Flips
REACTIVE

(Incorporating a pre-loading)
Overhead Forward on GHR
Seated Shot Punches
Lying Med-Ball Shot Throws
PNEUMATICS
(Working against air pressure)
Hammer Pushes
Standing Shot Punches
Standing Fly
THANK YOU!

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