

1  **Use of Heavy and Light Implements in Training**

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2  **Use of Heavy and Light Implements**

Safety and Common Sense must rule

Overuse/Strain Injuries (light and heavy)

Appropriate weights and movements

Too much of a good thing (light and heavy)

Think what you're hoping to accomplish when designing programs

Strength/Speed Generation

Technical Emphasis

Fitness/General Prep

3  **Use of Heavy and Light Implements**

What are you trying to accomplish with your athletes?

Strength/Speed Development

Technical Emphasis

Fitness/General Preparation

Stimulate/Change things up

4  **Use of Heavy and Light Implements**

Strength/Speed Development

Heavy Implements can serve both

Speed Strength/Strength Speed

Don't mistake light implements for a reason to "go faster"

Rhythm and tempo are relative for off-weight implements

Heavy is more momentum and position (Ground up)

Light is rhythm and feel (not "faster")

5  **Use of Heavy and Light Implements**

**Technical Emphasis**

Implements elicit a natural reaction you may be looking for without having to instruct it

**Light Implements**

Loose/sling allowing to feel connection to implement

Release velocity

Finishing throw

Increased separation through full motion

**Heavy implements**

Lower body activity

Finishing Throw

Patience/Long path on implement

Blocking

6  **Use of Heavy and Light Implements**

**Fitness/General Preparation**

**Fitness/Repetitions**

Light implements allow for focused quality reps

More “feel” while conditioning

**Specific Strength**

Partial Movements with Heavy

Heavy Throws with non traditional Implements

Non-specific movements

7  **Use of Heavy and Light Implements**

**A little change-up to training**

Bust out of plateau

Beat up from volume? Go heavy!

See something fly FAR!

- ▣ Emphasizing rhythm?
- ▣ Mental change
  - ▣ Your “go to” implement?
  - ▣ Again, don’t bruise your ego with frustration... go heavy

8  **Use of Heavy and Light Implements**

- ▣ Rules of thumb for high school throwers
  - ▣ You don’t have to throw the college implement to get stronger!
    - ▣ Horror stories of 16# injuries far outnumber the good ones
    - ▣ 2k discs can be too awkward, or mess with timing
  - ▣ A little goes a long way with a young thrower
    - ▣ Keep full throws emphasis on feel and rhythm
      - ▣ Keep variation of weights small to allow for this
    - ▣ .75k/1.25k 1.5k/1.75k..... 3.5k/4.5k 5k/6k... 5k/14#
  - ▣ Don’t get blinders on... Too much of a good thing can be bad for meet timing. Know your athlete and be aware

9  **Use of Heavy and Light Implements**

- ▣ Keep common sense at forefront
  - ▣ Is it working?
  - ▣ Is the athlete adapted to it? Is it no longer a stimulus
  - ▣ Have a plan to keep things moving the right way
    - ▣ Is it working? Why/Why not?

10  **Use of Heavy and Light Implements**

- ▣ If you use common sense and continue to see the big picture, you cant screw them up too bad. ☺
  - ▣ Rhythm, Technique, and Learning to do things the right way

11  **Use of Heavy and Light Implements**

- ▣ Non-Traditional Implements
  - ▣ Budget/Facility Limitations can be overcome

- ▣ Be Creative!
- ▣ Keep these as “feel” implements
  - ▣ They work from a partial movement or a drill full throw
  - ▣ Need to keep actual implement as focus on full throws

12  **Use of Heavy and Light Implements**

- ▣ Examples of alternative implements/creative ideas

13  **Use of Heavy and Light Implements**

- ▣ Wrap-up/Questions?