

1 **USE OF MEDICINE BALLS IN EVERYDAY THROWS TRAINING**

TJ Crater- University of Washington

2 **Use of Medicine Balls in Throws Training**

A great resource for multiple uses/end goals

- Technical Training
- Strength Development
- Facility Limitations
- Rehab/Injury limitations
- Good for all skill levels

3 **TECHNICAL TRAINING**

Use of Medicine Balls in Throws Training

4 **Technical Training using Medicine Balls**

- Connection between lower body and shoulders
- Timing and Rhythm
 - Moving with an implement
 - Not a real “implement”, so feel is prioritized
- Establish balance and separation
 - No compensation from arms/throwing motion
- Motor Patterns/Movements
 - Quick reps (into wall, partner)
 - Simplify movements (just move the thing!)
 - From basic positions
 - The heavier the ball, the simpler movement

5 **Technical Training using Medicine Balls**

- Increased Lower Body Activity
 - Less momentum from upper body at start of throw

- Exaggerates need for balance over feet
 - Bad U/B angles and posture are obvious
- True separation between hips and shoulders
 - Athlete can feel this in the movement because small movements are minimized
 - Arm is unable to “fake” separation

6 **CONDITIONING/PHYSICAL DEVELOPMENT**

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7 **Conditioning/Physical Development using Medicine Balls**

- General Conditioning/Strength Development
 - Great for increasing work capacity and fitness
 - High repetition from basic movements
 - Rotational, Linear, Overhead, Vertical
 - Complex movements involving the medicine ball
 - Circuit Style activities

8 **Conditioning/Physical Development using Medicine Balls**

- Special Strength/Speed Development
 - More complex movements (throwing motions)
 - Don't necessarily need to be the “actual” throwing motion
 - Be careful with weight of medicine ball
 - Athlete traits, rhythm, goal of use
 - Speed Strength vs. Strength Speed
 - Can be incorporated in fall training, or as part of weekly practices
 - Be careful once competitive season starts
 - Some athletes may need reinforcement reps, or a change up to training plan (plateau, wall, mental block)

9 **Facility limitations**

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10 **Using Medicine Balls to overcome Facility Limitations**

- Got a wall, or a net? You're Good!
 - Different styles of medicine balls for different situations
 - Different weights
 - Different focuses
 - Quality
 - Repetition (assembly line)
 - Large groups, short sessions

11 **Rehab/injury adjustments**

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12 **Use of Medicine Balls in Rehab an Injury Prevention**

- Hand Injuries
- Shoulder/Arm Injuries
 - Use of two arms eases strain on one arm
 - Great for all events
 - The right exercises can emphasize/de-emphasize certain motions
 - Weight of ball, positioning, focus of exercise
 - Often the diameter can compensate for a lighter weight

13 **Three main uses (for me)**

- Conditioning/Strengthening
- Technical Focus
- Productive Alternative(s) for "off days"
 - Either non-throwing, or when you feel "off"

14 **Use of Medicine Balls in Throws Training**

Questions, Comments?

Feel free to contact me at tjcrater@uw.edu