



The Training Program

Keys to a Successful Training Program

- Safety
- Facilities
- Equipment
- Coaching Quantity & Quality
- Length of Season 3mo - 6mo - 12mo
- Prioritize Activities for greatest return
- Be Creative – Have Fun

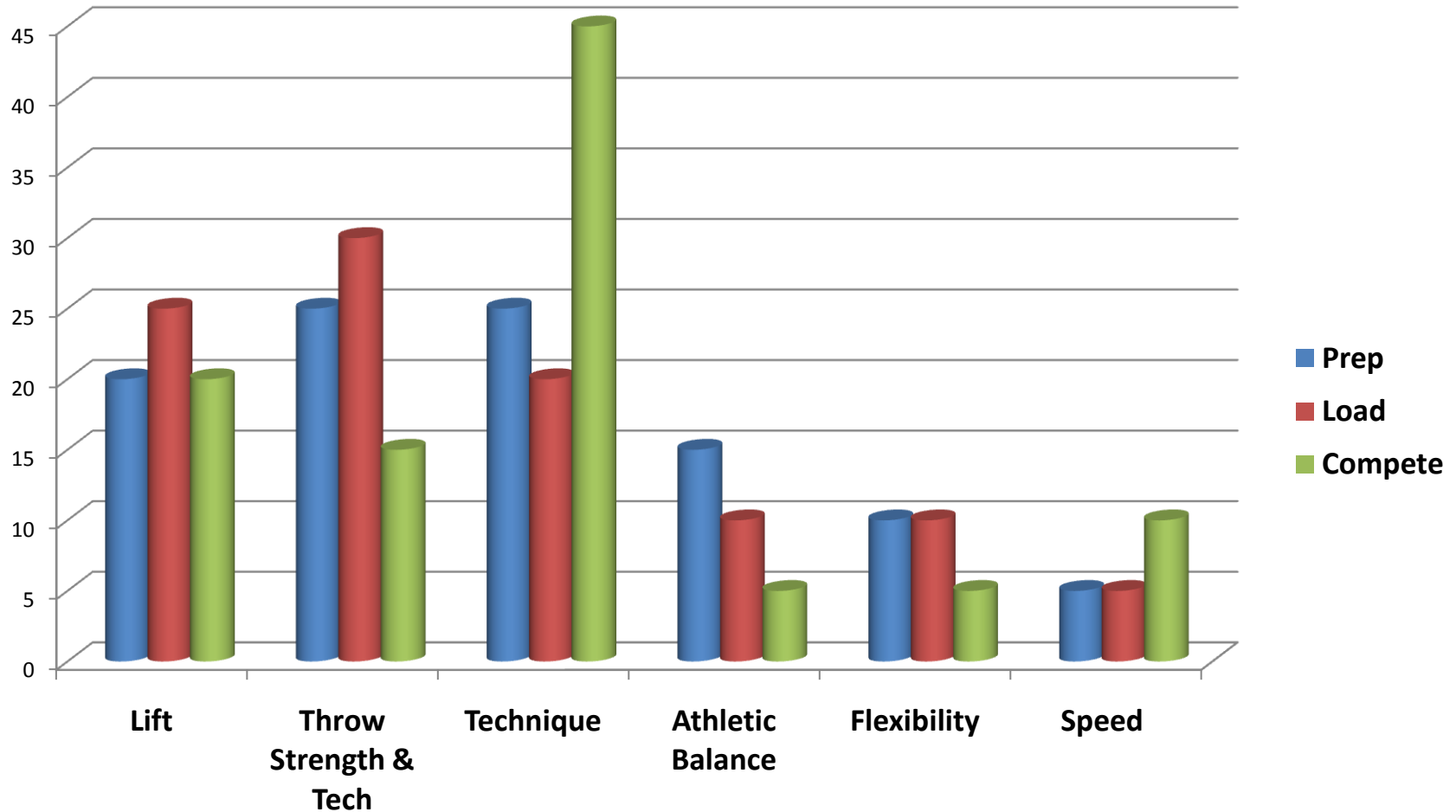


Training Priorities

	Lift	Throw Strength & Technique	Technique Quickness	Athletic Balance	Flexibility	Speed
Prep	20	25 Test	25	15	10	5
Load	25	30 Test	20	10	10	5
Compete	20	15 Test	45	5	5	10



Training Priorities





Strength Training

- Lifting
 - Squat, Pull, Bench
 - Straight Arm & Reverse Flys
 - Step Ups
 - Reverse Back Hypers
 - Push Press & Jerks
 - total body lifts



Strength & Technique Training

- Throwing Strength & Technique & Testing
 - Overhead Shot
 - 2k or 4k stand throw
 - Mini Hammers
 - Schleuder Balls
 - Over weight Implements
 - Bars



Athletic Strength Training

- Athletic Strength & Balance & Test
 - Stand Long Jump
 - Tire Flip - timed
 - Farmers Carries
 - One Leg Squat
 - Walking Twists
 - Hanging Leg Swing
 - Sleds
 - Axe Swings
 - Weak Side Throws



Technique Training

- Technique
 - Drills
 - Video review
 - Drills
 - Under weight implements
 - Drills
 - Full Throws
 - Drills
 - Drills



Flexibility Training

- Flexibility
 - Overhead Squat
 - Step Ups - Hi
 - Strides
 - Hurdles
 - One Leg Squat
 - Hanging Leg Swing
 - Backward running
 - Stretching



Speed Training

- Speed
 - Sprints
 - Box squat/bench
 - Light weight throws
 - Plio Sled



Training Exercises

Lifting Strength	Throw Strength & Tech	Athletic Strength & Balance	Flexibility	Speed	Technique
Basic-Squat, Pull Bench	OH Shot	Stand LJ	OH Squat	Sprint	Drills
SA & Rev Flys	2k, 3k, 4k stands	Tire Flip	Step Up Hi	Box Squat/bench	Throw
Step ups 1 Leg Squats	Mini Hammers	Framer Carries	Strides	Light weight Implements	Video Study
Rev. Back Hypers	Schleuder Balls	1 Leg Squat	Hurdles Step Overs	Plio Sled	
	Overweight Implements	Walking Twists	1 Leg Squats		
	Bars	Hanging Leg Swings	Hanging Leg Swings		
		Pull Sleds	Backward Running		