

MOUNTLAKE TERRACE

TRACK & FIELD



Throwing look-out-fors.

Know your biomechanics, learn them.



All three throws:

1. Relaxation.
2. Slow to fast.
3. Over power leg. Stay back.
4. Smooth, even rhythmical.
5. Inverted "C".
6. Follow through.

Shot Put: Balance, if problem I have them go off 2 feet.

Relax, check hands, arm for tension; dead fish.

Eyes, focus at same angle you want to release at. Maintain focus as long as possible in back, use towel to look at.

Z in knee(s), not too low!

Unseat in back of ring, fall back.

Must rise out of back if foot is to get under in middle. Allow hips to rise.

Where is arm as athlete comes across? Leave it behind.

Check eyes, back at 41 degree angle or so.

Are they over thigh in middle? If they were to drop shot it should miss knee by a few inches.

Upon landing in the middle, check to see if they rotate or slide through. Is heel up?



Hit and rotate; lead with hand/arm/foot/knee/hip/chest,

get to an inverted "C".

Block; left arm/leg.

If fouling wildly, probably by-passed the middle.

Discus: Balance, about shoulder width base. Sit. Small "Z" in the knees.

Rotate on balls of feet, heels up. Lead with Left hand/arm.

Eyes, Maintain focus as long as possible in back, use towel to look at or sector line.

Check separation of arms and knees.

Chest up/hip push. Lead hand to middle. No over rotation!

Push off out of back, sprinters position, toe up!

Snap head around and get focus again in back.



Are they over thigh in middle? Discus way high! Opposite arm extended out at opposite angle. Heel up!

Upon landing in the middle, check to see if they rotate or slide through.

Hit and rotate; lead with hand/arm/foot/knee/hip/chest, get to an inverted "C".

If sliding by check knee/thigh separation, needs to be close. If wide athlete will blow by power position.

Block; left arm/leg.

If fouling wildly, probably by-passed the middle.

Javelin: Relax, slow to faster.explode.

On balls of feet. Create rhythm.

Palm to sky.

Stay back. Eyes ahead. Too many lean forward. Keep good angle. Cross the "X".

Too high of impulse step.

Allow foot to land after impulse step, then attack.

Foot forward on landing.

Have active left side working together, block/lock.

Finish through the point, follow-through.

Give plenty of room near foul line.

