



# In the Sector

The Official Newsletter of the NTCA

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Any Comments or Suggestions email to [mharsha@verizon.net](mailto:mharsha@verizon.net)

## Upcoming Events

**NTCA**  
Mid-West Regional  
Throws Camp  
June 13, 2009

## Website of Interest

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**Message from the President:** It is great to see the incredible success of U.S. youth throws in 2009. As of this writing four high school boys over 70' in the shot; new scholastic records in the indoor weight throw and boys discus; and an equalling of the girls national high school discus record.. Good luck to all scholastic athletes in upcoming league, county, section, region, and state meets across the country.

*Rob Lasorsa*

### Shot Put Arm-Strike Drills

By Rob Lasorsa

When throwing the shot, it is imperative that athletes use the proper sequential movements of the large muscle groups of the body. It cannot be overlooked, however, that the hand is the last point of contact that the athlete has with the shot. Throwing a 4k, 12lb, or 16lb shot places enormous pressure on the joints and muscles of the fingers, hand, elbow, and shoulder. Strengthening and conditioning these areas will add to performance, while developing the appropriate neurological pathway of the arm strike, will minimize potential injuries. The following drills (explained for a right-handed thrower) can not only serve as learning tools for the novice thrower, but also help enhance the arm strike for advanced throwers.

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### Drill of the Month



Click on Picture to Play Video

Drill by: John Painter

**Power Ball with One Turn** –Use this drill to develop core movement and rotational technique.

- Stand with feet shoulder width apart
- Hold the Power Ball with the normal hammer grip at the low point
- When turning allow the Power Ball to rise to high point
- Step forward and once in double foot support phase accelerate (push)
- Release for height i.e. beat the giant
- Repeat 3-5 times each set

#### Coaching Points

This is a drill not a throw, so athlete should finish in a controlled position

Make sure the (right-handed) athlete is pushing the Power Ball at right foot touch down into each turn i.e. the right side is pushing around the left foot.

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## Kettle bell Training for all Throwers

By Matt Ellis

### Introduction

- Functional training is defined as simply training with a purpose. It is specific training based on what the athlete needs to do during competition.
- To determine how a specific athlete should be trained, it is essential to break down the key attributes that an athlete must process in order to be successful. For example, a thrower should possess the following traits:
  - Strength
  - Speed
  - Explosiveness (able to combine his strength and speed)
  - Balance
  - Coordination
  - The ability to focus

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### Medicine Ball Training for Throwers

By: Michael Boyle

Power development for throwers is often limited to Olympic lifting and plyometric drills. In recent years, medicine ball training has made a comeback to become an integral part of training for any athlete interested in power development. The development of a wide range of both elastic and non-elastic medicine balls has re-popularized a long lost technique. For throwers, the opportunity to develop rotational power is the primary benefit of medicine ball training. With both plyometrics and Olympic lifting, power development is uniplanar with no trunk focus. Medicine balls can be a tool like Olympic lifting and plyometrics for the trunk musculature. I often tell our athletes and coaches to think of medicine ball training as Olympic lifting for the core. The medicine ball, as a tool for power development, is unparalleled. No other training mode provides the specific strength and power potential of the medicine ball. Rotational medicine ball throws are the key to developing torso power for athletes involved in the throws. The new rubber medicine balls, combined with a masonry

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