



# 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 East Regional Throws Camp

April 22, 2007

[Click Here](#)

Visit the NTCA Booth

@

Illinois Track Coaches

Clinic – Jan. 13<sup>th</sup>

&

Minnesota Track

Coaches Clinic –

Jan. 27-29

**Message from the President:** As we enter 2007 the NTCA looks forward to another exciting year. The NTCA 2006 Conference DVD set is now available. This is an 11-disc DVD set contains all 2006 NTCA Conference sessions (over 32 hours of video). An additional bonus DVD of the NTCA Throwers Hall of Fame Induction Ceremonies is also included. The price of the DVD set is \$199. However, if you join or renew your membership for 2007 during the month of January (\$49) you are eligible to purchase the Conference DVD set for only \$100 (50% off)! Additionally, the NTCA will be sponsoring two tremendous learn by doing camps in the near future: the East Regional Throws Camp on April 22<sup>nd</sup> in New Jersey (directed by Joe Napoli) and the Midwest Throws Camp June 16-17 in Portage, Indiana (directed by Mark Harsha). The NTCA camps are for athletes and coaches and special school rates are available for larger groups. Please contact the NTCA for more information each of these great camps.

Thank you and the NTCA wishes everyone a wonderful, productive, and successful new year!

*Rob Lasorsa*

**Excerpt from 2007 Throws Handbook:** Glide Shot Put Coaches Can Coach The Rotational Shot Put  
By: Gary Aldrich & Bruce Van Horne

It seems as though every clinic we speak at we are asked, "Is it hard to teach the rotational technique to shot putters?" or "How do you determine which thrower you should teach to spin in the shot put?" The answers to these questions are "no" and "it depends."

"Is it hard to teach the rotational technique in the shot put?" It is interesting that we get this question asked as often as we do. The majority of coaches that ask this question coach their throwers in both the shot put and discus. So, they already do teach the rotational technique to their discus throwers. But for some reason, they are not sure how to communicate the technique to their shot putters.

[Members Click Here for Full Article](#)

## Drill of the Month

Javelin Drill: 5-Step w/Medicine Ball

Submitted by : Joe Napoli

Med ball size 2Kg for girls & 3Kg for boys

Keep your arms as straight as possible throughout the entire drill.

Start this drill with the right foot forward and the left foot back and the Med. ball positioned directly above your head over your center of gravity.

**Step 1...**Proceed by driving off your right foot and landing on your left

**Step 2...**Upon landing on your left immediately drive off landing your right

**Step 3...**Upon landing on your right once again drive off and land on your left

**Step 4...**Drive your right knee up high forcing your body to sit back into the power position

**Step 5...**Upon landing on your right block forcefully with your left leg creating right hip drive or the "C" position

The Med ball should then be released high above the head continuing with a strong follow-through

Do not initiate the throw with the upper body and always wait to create the block and stretch reflex before you throw.

It is important to remember that an explosive block is always followed by an explosive follow-through.

## Website of Interest

Premier Sport Conditioning

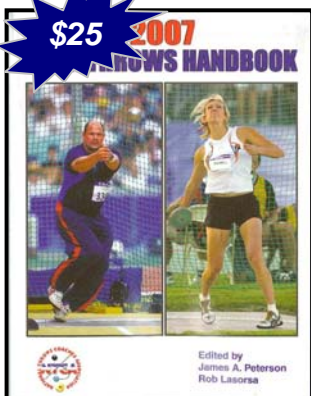
<http://www.pscfit.com/>

## Javelin Drill

Click on Picture to Play Video

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