

**2019 Practice Schedule 10a- 11:30a**

**Throwing/Drilling (Pre-Season workout)**

<b>Shot Put</b>	<b>Discus</b>	<b>Javalin</b>	<b>Hammer</b>	<b>Weight Throw</b>
(Set x rep)	(Set x rep)	*Dyapic Warm-up	* No current hammer throwers	* No current hammer throwers
6x - warm -up stand throw drills	6x - stand throw drills	8x - pick jav into ground		
3x3 - "pivot" drill (in throw position, turn right)	6x4 - "pivot" drill (in throw position, turn right leg)	7x - pick throws		
8x - stand throws	7x- step - pivot - turn - throw	6x - pivit stand throws		
3x3 - glide or shuffle drill	3x3 - step - pivot - turn - throw (drill)	5x - step - cross - step throws		
6x - full throw	3x4 - 360 turn on left foot drill	4x - jog jog jog - step cross step throw		
*take 3 min break after drilling	8x - full throw (with no implement)	<b>3 min break</b>		
	4x3 - water bottle throw	* repeat above once		
	*take a 4 minute break after every drill set*			
*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts

**\*\*Rainy Day Schedule below\*\***

<b>Shot Put</b>	<b>Discus</b>	<b>Javalin</b>	<b>Hammer</b>	<b>Weight Throw</b>
(Set x rep)	(Set x rep)	*Dyapic Warm-up	* No current hammer throwers	* No current hammer throwers
6x7 - stand throw drills	6x6 - stand throw drills	8x - pick jav into ground		
5x3 - stick drill (holding stick behind neck)	6x4 - "pivot" drill (in throw position, turn right leg)	7x - pick throws		
6x3 - "pivot" drill (in throw position, turn right)	4x6 - step - pivot - turn - throw	6x - pivit stand throws		
3x5 - glide or shuffle drill	3x4 - 360 turn on left foot drill	5x - step - cross - step throws		
6x3 - full throw (with no implement)	6x3 - full throw (with no implement)	4x - jog jog jog - step cross step throw		
	4x3 - water bottle throw	<b>3 min break</b>		
*take a 4 minute break after every drill set	*take a 4 minute break after every drill set*	* repeat above once		

**Throwing/Drilling Light Training Schedule (easy workouts before comp. days)**

<b>Shot Put</b>	<b>Discus</b>	<b>Javalin</b>	<b>Hammer</b>	<b>Weight Throw</b>
(Set x rep)	(Set x rep)	*Dyapic Warm-up (heavy Jav week)	* No current hammer throwers	* No current hammer throwers
4x - warm -up stand throw drills	5x - stand throw drills	10x - pick jav into ground		
2x2 - "pivot" drill (in throw position, turn right)	2x2 - "pivot" drill (in throw position, turn right leg)	9x - pick throws		
4x - stand throws	5x - step - pivot - turn - throw	8x - pivit stand throws		
2x2 - glide or shuffle drill	2x2 - 360 turn on left foot drill	5x - step - cross - step throws		
3-5x - full throw	5x - full throw (with no implement)	5x - jog jog jog - step cross step throw		
*take 3 min break after drilling	3x - water bottle throw	3 min break		
	*take a 4 minute break after every drill set*	* repeat above 4x		
*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts	*as a thrower everyone is different; some athletes are able to throw longer than others; this workout should be used as a guide and is subjected to change during sunday team workouts