

*A Child is NOT a little adult*

# The Throws

Russell Parsons

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A Presentation for Primary (and Secondary) Teachers



**Throwing Activities** can be divided into sub-groups:

- **Pushing** activities ... which can lead to Shot Put.
- **Pulling** activities ... which can lead to Javelin.
- **Slinging** activities ... which can lead to Discus.
- **Heaving** activities ... which can lead to Hammer.

**At all times**

- Provide for, and **demand**, safe execution of all throws (group and individual).
- Keep it **simple**.
- Organise **maximum** involvement by students.

## **Resource / Equipment Needs**

- **All** resources **MUST** be organised in advance of the session / lesson.
- Bean Bags, Tennis Balls, Cricket Balls, European Handballs, Netballs, Basketballs, Medicine Balls, etc. all have their place. Implements should be selected for each group that offer the satisfaction of being able to achieve a "significant" distance.
- Provide in **all** sessions some modified competition to assess progress and reward endeavour; in general this should be a personal or team challenge against a standard (e.g. Throws Pentathlon, Throws Decathlon) using modified versions of the specific throw(s) under improvement; i.e. don't have a Shot Put Competition, have an Overhead Backwards Throw competition.
- **Video** (and/or direct) demonstrations of each throw should precede student endeavour; there are extensive resources available that example the modified throws ... show the students what you want them to achieve ... show them (video them) doing their best ... provide positive corrective feedback ... give them another trial.

## **Keep in Mind**

The students do **not** expect you to be an expert; they do **not** wish you to highlight their inadequacies with your excellence (except as an initial role model). They want to excel, and they want **you** to provide an environment (educational and organisational) in which **they can improve and succeed.**

## **Where to Throw?**

Indoors (where practical) .. most throws can be implement-adapted to allow execution indoors.

Netball Courts / Basketball Courts

Ovals

Throwing Circles

Vary the location .. don't allow the students to only associate throws with a specific venue ... the skills they are acquiring are supportive and transferable to other sports.

## **A Starting Point**

Have marked out **before** each lesson, for each specific throw: Men's & Women's World Records.  
In general: the better students (not only the best) should see their throws developing to approach World Record standards, at least in the Shot: March 1998: Men: 23.13m; Women: 22.63m.  
Be aware of the specific rules covering each Olympic Event (separate sheet).

Throw sessions can (and will) be fun **IF** the students feel they are learning and improving.

## Basic Throwing Movements

While I do **not** advocate the implementation of Olympic Throws without modification in primary school, and, in early secondary programs, a carefully graduated and rewarding progression in throwing skills will help young athletes master the throws in later years, and, will enhance their fundamental motor skills.

Offering a diverse range of movements motivates the youngsters, enabling them to more directly associate their improving co-ordination, flexibility, and power skills with those of their chosen sport(s).

The following principles apply to a certain degree in all four Olympic Throws: Shot Put, Discus, Javelin, and the Hammer Throw.

1. Legs First ... Arms Last.
2. The lower half of the body is accelerated ahead of the upper half. This has linear application in the Javelin and O'Brien Shot Technique, and is applied rotationally in the other throws.
3. Weight transfer from the right foot and leg ... to the left. (Right-hand throw)
4. The left side is braced, and the right side accelerates around it during the final delivery.
5. The implement is always released from a *stretched high* position.
6. The thrower starts low(er) and finishes higher.

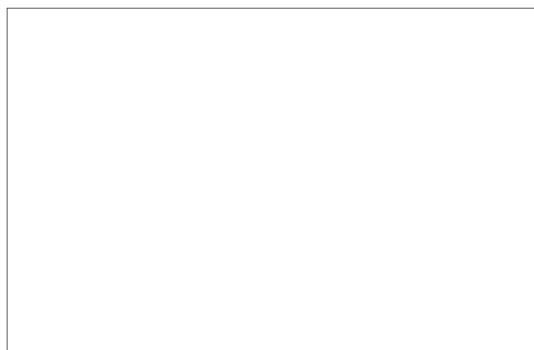
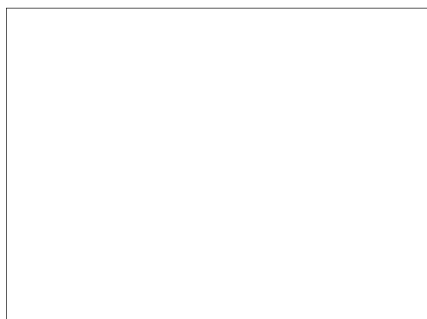
### Strongly Recommended

Sufficient implements to allow  
(at least) one between two.

Plan carefully the location of students  
in their throwing positions

All Throw / All Retrieve

## Group Organisation



### ALL THROW .... ALL RETRIEVE

- Check all implements; are they in sound condition (especially if an improvised implement)?
- Throwing Area: should be well-defined (roped-off ... people do stray into landing areas).
- Teacher / Coach: ensure no person is in the throwing area or probable line of flight.
- All observers (incl. non-throwing students-athletes) to be well clear, and to the rear.
- All Throw ... then (on coach command) ... All Retrieve.
- All implements to be carried back to the throwing circle or line.
- A cloth or towel should **always** be on hand to dry and/or clean implements.

### All Expectations Apply to Modified Activities, Games, and Competitions

Included with this handout are details of **Medicine Ball Throws** (these can be adapted, e.g. various weights; Medicine Ball can become Soccer Ball; ... you decide what is appropriate and will enable each student to enhance their skills and derive satisfaction and self-esteem.

The **Throws Decathlon** can (and should) be adapted ... set your own standards.

Do **not** strictly apply Olympic Rules ... have the youngsters seek out the (modified) throw they can do best.

## A Selection of Activities

Equipment: European Handball, Netball, Soccer Ball, Medicine Ball, Vortex ...

*(Some) Cues*

1. **Push** from Chest.

- 1.1 Chest Push at a Wall .. above target line; angle of release approx. 45°. *arms, not a flick of the wrist.*
- 1.2 Chest Push for Height
- 1.3 Chest Push Throw to Partner

*Keep elbows up; full extension of*



2. **Variations:**

*Ball goes further from a higher platform.*

- 2.1 Kneeling Push (both knees)
- 2.2 Kneeling .. L. foot forward
- 2.3 Kneeling .. R. foot forward
- 2.4 Seated Soccer Throw
- 2.5 Kneeling Soccer Throw
- 2.6 Standing Soccer Throw
- 2.7 Standing (side on) .. push throw to partner or for distance.



- 2.7 Standing (side on) .. push throw to partner or for distance. Standing: straighten knees, then push out; keep feet on

ground.



3. **One Hand** Activities (Bean Bag / Tennis Ball / Cricket

Ball / Weighted Tennis Balls)

- 3.1 Seated
- 3.2 Kneeling

*Hold bean bag under chin with*

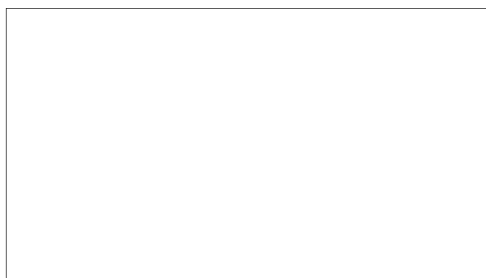
*a*  
3.3 Standing (feet by side) .. push throw



Don't try to achieve too much in any one session ... a small number of throws, done well, challenging both sides of the body, is an excellent outcome ... base your selection and progression on each student succeeding before advancing to complex skills.

for distance; *high elbow; encourage a strong*

bend knees & push throw; preferred & non-preferred.



*Each No. 1 has a sock and stands front on to the direction of throw .. sock pushed in shot put fashion (not thrown overarm).*

*Score 5 points for crossing the first line, 6 for the second, etc.*

*Teacher quickly notes each score.*

*No. 1's retrieve sock; hand to No. 2 student.*

*Team with highest combined score wins.*

*arm action; follow through to*

- 3.4 Standing Tennis Ball Throw (L. & R. foot forward )

*"see it go".*

- 3.5 Standing Tennis Ball Throw (L. & R. foot forward) .. over bar / fence

*"Clean palm; dirty neck"*

4. **Put**

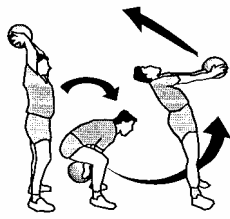
**Sock**

**Important**

The handout is a summary of a few ideas ... the drills shown are not "the" drills. Of greater importance is the experience of "having-a-go", experimenting, discussing, exchanging ideas, and adapting those ideas to the specific needs of your students.

Teams

## Examples of Throwing Movements



Forward Overhead

Schwanbeck Movement

Overhead Backwards

Standing One-Hand Push

Kneeling Overhead

Double Hand Sling

Soccer

Kneeling Single Hand Throw

Backwards Between Legs

Caber

Throw for Height / Sit / Stand / Catch

The examples of throwing movements presented above are just that ... examples.

Challenge yourself to simulate aspects of the throw your wish to focus upon.

Choose an appropriate implement and weight.

Also, ensure students warm-up in a general and specific sense for the activities you are presenting to them.

## Useful Resources

**Run - Jump - Throw\***: Play It Cool Coaching Manual; NZ KiwiSport; National Sport Information Centre, PO Box 176, Belconnen, ACT, 2616.

**Athletics Victoria:**

Development Officer, Athletics Victoria, Olympic Park, Swan Street, MELBOURNE, 3004.  
Ph: 03-9428-8195; Fax: 03-9427-9183

**Athletics Towards 2000 Teachers Resource Materials\***: 8 Booklets:

1. Marking an Athletics Field;
2. Athletics Competition - Organisation and Rules;
3. Teaching Manual - Track Events;
4. Teaching Manual - Jumps;
5. Teaching Manual - Throws;
6. Physiology of Performance in Athletics;
7. Nutrition for Athletes;
8. Athletics Injuries.

Athletics Australia: Suite 22, Fawkner Towers, 431 St. Kilda Road, MELBOURNE, Vic., 3004

\* I understand that introducing students to athletics is only one of the important tasks you must address in your curriculum; I can help with pre-prepared resources. Do not concern yourself with these resources being "dated" ... they present ideas and teaching progressions that can be understood and adapted by teachers.

Various **videotapes** are available .. contact me for details on where to locate and/or borrow these resources.

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**Other Materials included with this Presentation**

Sample Throw Sequences: Discus / Shot / Javelin (videotape)

Sample Throw Sequences ... photocopy

Sample Medicine Ball Throws (videotape)

Initial Development of Throwing Movements (Athletics Towards 2000)

Performance-based Scoring Systems for Athletics .. *Keeping It Close*

Throws Decathlon

Sample Record Sheet for Throws Decathlon

Selected Throwing Games for Junior Athletes

**Russell Parsons**

Athletics Victoria: Country Coaching Co-ordinator (Ouyen-Mildura, 1988-95; Echuca, 1998-)

Athletics Australia: Olympic Athlete Program Elite Juniors Co-ordinator, 1995-96

Athletics Australia: National Juniors (U20) Head Coach, 1995-96

Debbie Flintoff-King Olympic Gold Track & Field Camps Program: 1992-1995

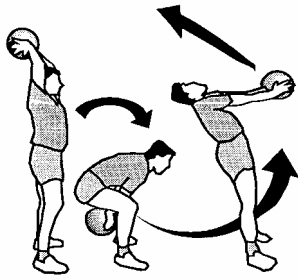
Education, Victoria: Inaugural Most Outstanding Teacher Contribution to Sport, March 1994

Leading Teacher and Co-ordinator of Sport, Ouyen Secondary College, 1967-1998

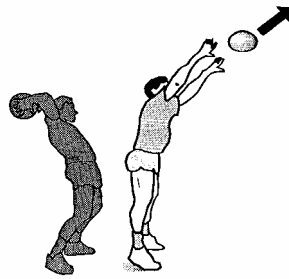
Australian Track & Field Coaches Association

Australian Swimming Coaches Association

## Examples of Throwing Movements

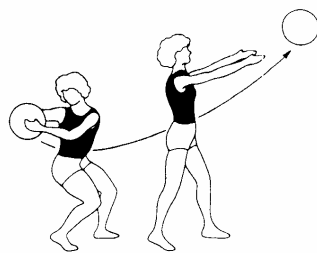
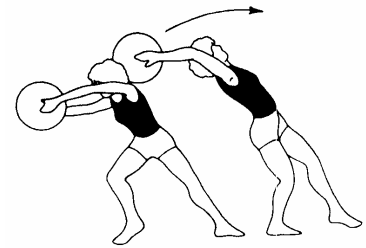


1. Overhead Backwards

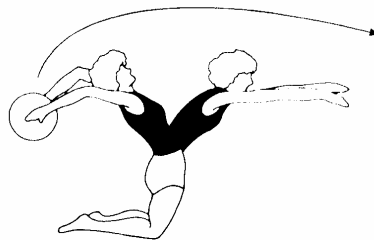


2. Forward Overhead – Soccer

3. Schwanbeck Movement  
(both sides)

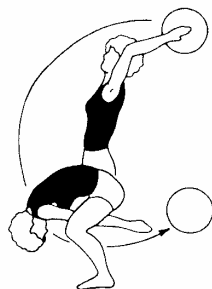
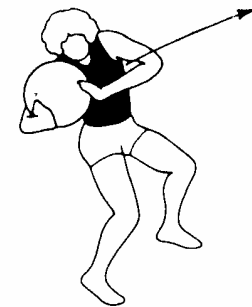


4. Double Hand Sling  
(both sides)

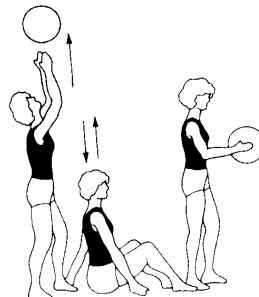


5. Kneeling Overhead

6. Standing One-Hand Push  
(both sides)

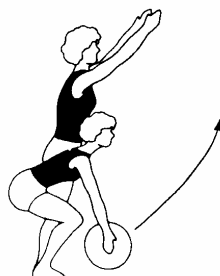
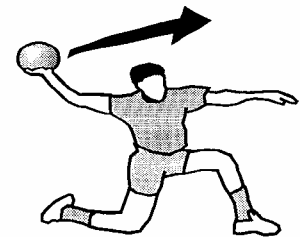


7. Backwards Between Legs



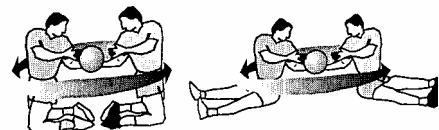
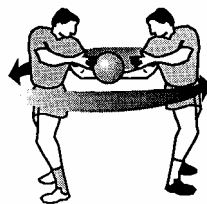
8. Throw for Height / Sit / Stand / Catch

9. Kneeling Single Hand Throw  
(both sides)



10. Caber

Rocky Half Twist: Standing / Kneeling / Seated



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