



ATHLETIC DEVELOPMENT: EARN THE RIGHT TO THROW

SCOTTISH ATHLETICS
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» Introduction

INTRO: MORE INFORMATION



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INTRO: EXERCISE CLASSIFICATION

Bondarchuk's Exercise Classification Model

- **General Preparatory Exercises (GPE)** - The movement does not resemble the sport either mechanically (in whole or in part) or physiologically. These exercises develop general physical qualities and coordination.
- **Specific Preparatory Exercises (SPE)** - Like GPE, these exercises do not resemble the sport. However, similar muscle groups take part in their performance.
- **Specific Development Exercises (SDE)** - These resemble the sport in part. The same muscle groups or their significant parts are used, and similar body systems are activated.
- **Competitive Exercise (CE)** - The sport itself.

INTRO: EXERCISE CLASSIFICATION

Bondarchuk's Exercise Classification Model



CE	SDE	SPE	GPE
Perfection	Development	Preparation	
Perfect competitive technique & develop the specific conditioning requirements for the event			Prepare the athlete's body to handle the demands of the training in their event



» Athletic Development



TALENT

What is talent?

- **Talent is about about the future, not the present.** Not everyone improves at the same rate, so simply looking at the starting point is misleading. A higher starting point could be just because they have skills in areas that have high transfer for beginners.
- “What is talent? Talent is the person that can **develop longer** than others. It is not the person who after two months can throw 60 meters.” (Jüri Tamm) Soviet studies showed that their top athletes were not necessarily the best beginners, but the people who developed the longest. The person that can keep developing is more “talented.”
- *Take away: Do not give up on athletes too soon.*

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MY PHILOSOPHY

- The goal of training is continuous improvement. To reach that training must evolve and change.
- Always think ahead about what your next play is. Don't play your trump cards too soon.
- Specificity is not specialization.
- You need to prepare to train before you prepare to throw. Develop kinesthetic awareness, coordination, strength. Learn to throw in general.
- Organization allows you to do more with less.
- Have fun.

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KEY FOCUS

Five Areas of Focus For Athletics Development in the Throws

1. Warming Up
2. Speed
3. Multi-Throws
4. Multi-Jumps
5. Strength



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WARMING UP

Warming up is not just about getting warm. It is a chance to implement athletic development at each session.

Example warm up:

1. Mini Bands
2. Core
3. Balance (single leg work)
4. Hop and Stick
5. Lunge and Reach
6. Coordination
7. Specific Warm Up



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SPEED

Speed development progression:

1. Acceleration
2. Max Velocity
3. Multi-directional/Agility



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MULTI-JUMPS

Jumping progression:

1. Easy Jumps in place
2. Easy Jumps Moving
3. Jumps onto or over Boxes
4. Jumps onto or over Boxes/Hurdles w/ additional complexity



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MULTI-THROWS

Use a variety of pre-planned programs to hit difference emphasis:

1. Heaving
2. Pressing
3. Core
4. Hamstring
5. etc.



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STRENGTH

This is the easy part ;-)

