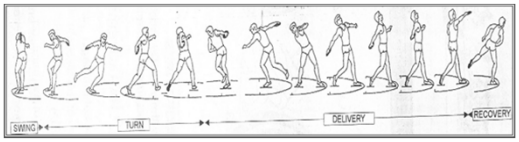
Rotational to Linear Throwing

- The goal is to make the throw as simple as possible
- As the athlete accomplishes simpler techniques, more complex technique are introduced

Five point system to teach the rotation

The first 3 positions are:

- Position 1: ready and wind (rotary)
- Position 2: quarter turn (rotary)
- Position 3: quarter turn (rotary/South African)



Position 4: Drive to the Center (Linear)

Linear drive starts at the right sector line direction. It is where you initiate the drive phase.
You must anticipate the middle drive by leaving the ground early at the right sector line direction

Position 5: Wheel to front position

(squeeze knees together/stick block leg/foot)

Position 5 is the standing throw

- It should be the beginning technique that is taught.
- The goal of moving with the implement is to add speed and force to the front position.

The Power Throw

- A good coach should teach the athlete stages of delivering the implement with increasing rotational to linear force.
- The front position is where the stored force is applied.
- The sequence for teaching it is working from the ground up.

Stages of the Power Throw

A. Foot/knee/hip rotation to the front of the circle
B. Clearing of the non throwing arm/side
C. Pushing the hip/chest/shoulder to the front of the circle and blocking the non-throwing side
D. Throwing arm drive and completion of the block. Lifting of the legs to extension
E. Release and recovery of the implement.

Important questions to answer

- Lift and turn or turn and lift?
- To reverse or not reverse?
- Hard or soft block?
- Release angle of implement.
- Pushing off of the ground or into the ground?
- Jump or drive into the throw?
- Speed: Blessing or curse?
- Size: How big/small do you need to be?
- Strength: How strong/not strong do you need to be?
- Intelligence: How smart/not smart works in throwing?

Major problem areas

- No rotation of right foot
- Block
- Grip
- No depth/angle in center of glide/spin
- Implement in front of hip
- No radius carrying the implement
- Lack of release height
- No hip penetration
- Inefficient drive across the circle
- No stretch/reflex
- Early release
- Late release
- Fouling
- N. No yell!!!