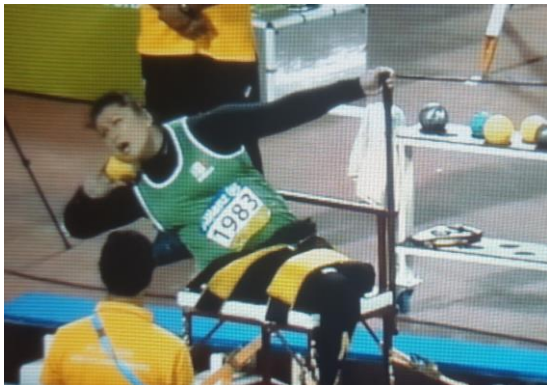




Tips on Paralympic Field Performance

Scott Danberg, MS, USATF Level II



Glide Shot Put – Coach / Athlete Cues

1. Is my center of gravity **over the power foot**?
2. Is my blocking arm **wrapped and relaxed**?
3. Did I unseat and **push off the heel** of power foot?
4. When landing in power position is center of gravity over the power foot? Did I **stay closed**?
5. Did I see my **back mark**? Is the shot put behind my hip?
6. Did I **squash the bug** while maintaining a **quality blocking arm path**?
7. Have I **shifted** body weight and **extend my body**?
8. Did I pull in my blocking arm and **abruptly stop** my blocking side? Did I block with **both** the lower and upper body?
9. Did I sequence **hips, pits, lips, tips**?
10. Have I finished the throw by **flicking the wrist**? Did I **follow-through**?

Glide Shot Put



Seated Shot Put – Coach / Athlete Cues

1. Is my center of gravity **shifted forward**?
2. Am I **relaxed** and sitting with **good posture**?
3. Did I initiate **linear** movement and combine **rotational** movement?
4. Is my throwing arm and blocking arm **in-line**?
5. Is my blocking arm **wrapped and relaxed** (no holding bar)?
6. Did I initiate **forward movement** with blocking arm and abdominals?
7. Do I have a **quality blocking arm path** while shot put remains behind hip?
8. Did I **abruptly stop** blocking side and **accelerate** the throw?
9. Have I **extended** my entire upper body... **pits, lips, tips**?
10. Did I finish the throw by **flicking the wrist**? Did I **follow-through**?

Seated Shot Put



Rotational Shot Put – Coach / Athlete Cues

1. Am I in a **relaxed** athletic position with **good posture** during wind-up?
2. Did I **stack the joints of the body** while I dropped into rotation?
3. Are my **shoulders level** as I rotate to face sector?
4. Is my **blocking arm wrapped** and relaxed?
5. Did I **jump the stream** and wait for power leg ground contact?
6. Did my **knees pinch** together in the wheel turn?
7. Did my blocking leg **touch down immediately** after the wheel turn?
8. Did I **squash the bug** to get my hips ahead of my shoulders? Did I **string the bow** with my blocking arm?
9. Did I see my **back mark**? Is the shot put still behind my hip? Did I **separate**?
10. Did I pull in my blocking arm and **abruptly stop** my blocking side? Did I **accelerate** my throwing side?
11. Did I shift body weight and extend my body? Did I sequence **hips, pits, lips, tips**?
12. Did I see **line of sight... is line of flight**?
13. Did my feet **stay in contact** with the ground as long as possible?
14. Did I **finish** the throw? Did I **flick the wrist**?
15. Did I **follow-through**? Did I reverse?

Rotational Shot Put



Improve Shot Put Arm Strike and Block

- **Lesson - Arm strike (medball and/or shot put)**

- Two handed chest put

- Inside out arm motion • Wrist flick finish • Release angle

- One hand chest put

- Reinforce above concepts with dominate hand contact (non-dominant hand assist) • Drill both dominate and non-dominate sides

- **Lesson - Block**

- Partner high five

- Reinforce release angle • Timing; block, then strike

- Blocking drill

- Shot hand placement • Block orbit & timing; block, then strike • Drill both dominate and non-dominate sides

Improve Shot Put Standing and Seated Throws

- **Standing throws**

- Crunch throw

- Heal to toe • Allow athlete to “feel” weight transfer / progressively load dominate leg & introduce hip pop, emphasis on block orbit and timing, posture at delivery

- Standing throw

- Timing; hip pop, block, then strike • Introduce reverse / emphasize posture, strike, follow-through

- **Seated throws**

- Headache throw

- Emphasize block orbit & release angle • Sound strike mechanics while maintaining posture at delivery

- Full throw

- Allow athlete to “feel” core / progressively challenge linear and rotational planes • Reinforce block orbit & timing • Emphasize stretch reflex & strike

Discus – Coach / Athlete Cues

- Start Full Rotational Throw

1. Am I in a **relaxed** athletic position with **good posture** during wind-up?
2. Did I **stack the joints of the body** while I dropped into rotation?
3. Are my **shoulders level** as I rotate to face sector?

- Start South African Throw

4. Is my **blocking arm wrapped** and relaxed?
5. Did I **jump the stream** and wait for power leg ground contact?

- Start Wheel Throw

6. Did my **knees pinch** together in the wheel turn?
7. Did my blocking leg **touch down immediately** after the wheel turn?

- Start Standing Throw

8. Did I **squash the bug** to get my hips ahead of my shoulders? Did I **string the bow** with my blocking arm?

- Start Seated Throw

9. Did I see my **back mark**? Is the discus still behind my hip? Did I **separate**?
10. Did I pull in my blocking arm and **abruptly stop** my blocking side? Did I **accelerate** my throwing side?
11. Did I shift body weight and extend my body? Did I sequence **hips, pits, lips, tips**?
12. Did I see **line of sight... is line of flight**?
13. Did my feet **stay in contact** with the ground as long as possible?
14. Did I **finish** the throw? Did I **squeeze the soap** with discus?
15. Did I **follow-through**? Did I reverse?

Discus – Ambulatory and Seated



Improve Discus Release, Flight & Block

- **Lesson - Discus hand placement / release off index finger**

- Discus swings

- Discus hand placement • Comfortable and maintained grip with arm swings

- Discus bowling

- Discus release off index finger • Discus rolls on edge to partner or wall

- **Lesson - Discus flight / block**

- Discus toss-up / flicks

- Reinforce release off index finger with short bowling toss (up and out) towards partner or wall • Discus to remain vertical, rotates with minimal flutter

- Discus scaling

- Low effort toss from hip pocket to diagonal release / release angle • Block orbit & timing; block, then strike • "Fly" discus with a leading edge, rotates with minimal flutter

Improve Discus Standing and Seated Throws

- **Standing throws (cones and/or discus)**

- Standing throw 1

- Heal to toe • Allow athlete to “feel” core and rotational aspect of throw / progressively introduce hip pop / emphasis on block orbit and timing, posture at delivery

- Standing throw 2

- Timing; hip pop, block, then strike • Introduce reverse / emphasize posture, strike, follow-through

- **Seated throws (cones and/or discus)**

- Back slap (block), front slap (strike) throw

- Emphasize block orbit & stretch reflex • Sound strike mechanics while maintaining posture at delivery

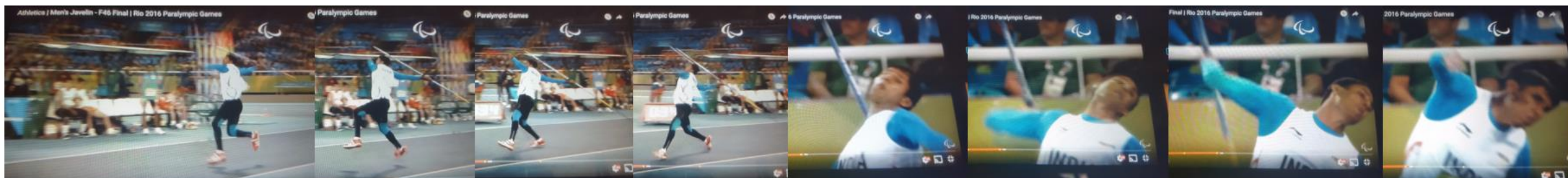
- Full throw

- Allow athlete to “feel” core and thoracic mobility / progressively challenge rotational plane • Reinforce block orbit & timing • Emphasize stretch reflex & strike

Javelin – Coach / Athlete Cues

1. Are my hips square and **shoulders in rotation** during last 5-7 steps?
2. Is my blocking arm straight or slightly wrapped and **relaxed**?
3. Is the javelin drawn back with straight arm, **motionless**, and point approximately eye level?
4. Did I continue to **build speed** down runway and distinct penultimate step with 3.... 2,1 tempo to block?
5. At block, is my **blocking leg straight** and foot pointing towards sector?
6. Did my throwing **arm remain straight** at touchdown of blocking leg?
7. Did I prep throwing arm and blocking arm prior to strike? Did throwing **armpit and elbow roll upward**?
8. Is blocking arm rolled down while **throw rolled over the top**?
9. Did I throw javelin **through the point**?
10. Did my throwing arm follow through over blocking leg with **thumb down**?

Javelin – Seated and Ambulatory



Improve Javelin Throws

- Short throws
 - Into the ground permit the thrower to learn correct power position and arm action
- Standing throws
 - Done with the feet shoulder width apart. Maximum range of movement is the throwers goal. The stretching of the abdominal and chest muscles mimics the desired action or the full throw
- 3-Step throws
 - Done with the shoulders and hips perpendicular to the throwing direction. Because the turning of the hips and shoulders is eliminated, the thrower must focus on the rhythm of the running steps and the strength of the planting action. Since the delivery is simplified, the timing of the plant and delivery sequence becomes the focus
- 5-Step throws
 - Extend the skill of 3-step throws by adding momentum and speed
- Walk-in to full approach throws
 - Necessary for perfecting the rhythm of the full throw

Improve Joint Flexibility and Health for Javelin

- *Hip pops drill*
 - Partner holds tail of the javelin and the hip action is performed against resistance
- *Flexibility drills*
 - Are many and varied, but should be performed regularly to develop and maintain flexibility
- *Dislocates*
 - With the javelin and skin the cat on the rings are great for developing shoulder girdle flexibility
- *Twists*
 - With the javelin across the shoulders to develop flexibility and with resistance to develop strength are often missing ingredients in the training of javelin throwers
- *Healthy rotator cuff and elbow*
 - Stretching and injury prevention exercises are critical in the thrower's repertoire

Healthy Rotator Cuff

3) Infraspinatus

2 Sets - 8 Reps



4) Supraspinatus

2 Sets - 8 Reps



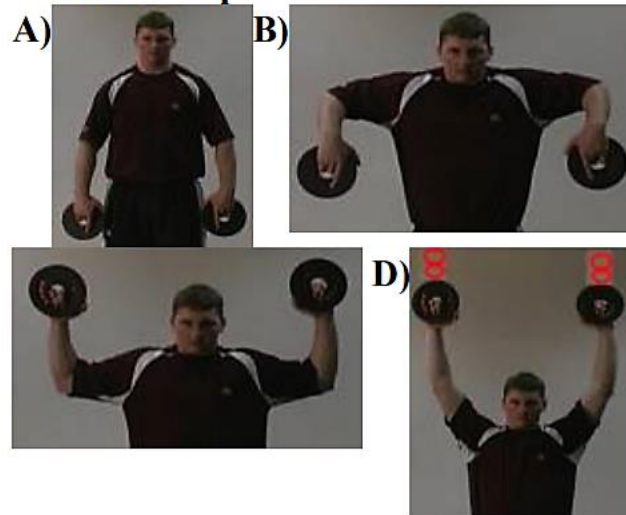
1) Incline Cuban Press Figure 8

2 Sets - 8 Reps



1) Cuban Press F8

2 Sets - 6 Reps



2) Push Up Shrug with band

1 Sets - 15-20 Reps



3) U Scap Pulls

1 Sets - 15-20 Reps



4) Overhead Standing Figure 8

2 Sets - 8 Reps



Healthy Elbow, Forearm and Wrist

1) **2 Way Wrist Curls**– 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



2) **Bam Bams** – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



3) **Plate Pinchers**– 30 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



1) **Wrist Curls Flexion**– 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



4) **Thors Hammer** – 15 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



3) **Round House** – 10 Repetitions of 2 to 3 Sets – 20 – 30 Seconds Rest Between Sets.



Throw Far!

